



**ANTHONY
METIVIER**

**INCREASING
YOUR IQ
AND MEMORY**

1
00:00:04,630 --> 00:00:01,910
i had a professor actually who said that

2
00:00:07,190 --> 00:00:04,640
the the center is always the margin

3
00:00:08,710 --> 00:00:07,200
and the margin is always the center so

4
00:00:10,629 --> 00:00:08,720
he was referring to like pop culture

5
00:00:13,190 --> 00:00:10,639
with madonna and all this sort of stuff

6
00:00:15,350 --> 00:00:13,200
like anything that

7
00:00:17,750 --> 00:00:15,360
madonna is popularizing is always coming

8
00:00:19,590 --> 00:00:17,760
from the margin that somehow then seems

9
00:00:21,269 --> 00:00:19,600
to be in the center

10
00:00:23,109 --> 00:00:21,279
and then as soon as it gets too popular

11
00:00:25,429 --> 00:00:23,119
then people want to push it back to the

12
00:00:26,790 --> 00:00:25,439
margin and somehow call it fringe but in

13
00:00:30,710 --> 00:00:26,800

any case

14

00:00:33,590 --> 00:00:30,720

it's all in consciousness i would say

15

00:00:35,510 --> 00:00:33,600

not a memory champion though i only ever

16

00:00:37,030 --> 00:00:35,520

had one competition

17

00:00:40,709 --> 00:00:37,040

and

18

00:00:44,310 --> 00:00:40,719

in that competition i came second so

19

00:00:48,310 --> 00:00:46,709

although you know i did get what is

20

00:00:50,709 --> 00:00:48,320

called the warrior of the mind emblem

21

00:00:53,350 --> 00:00:50,719

for outstanding contributions to

22

00:00:55,350 --> 00:00:53,360

global mental literacy from tony buzan

23

00:00:57,510 --> 00:00:55,360

who created the world memory

24

00:01:00,150 --> 00:00:57,520

championships so

25

00:01:02,549 --> 00:01:00,160

that uh is its own

26

00:01:03,510 --> 00:01:02,559

triumph so to speak

27

00:01:07,190 --> 00:01:03,520

great

28

00:01:09,830 --> 00:01:07,200

if you see me frantic

29

00:01:11,830 --> 00:01:09,840

anthony or anyone who's watching it's

30

00:01:13,750 --> 00:01:11,840

because i just came from this is my

31

00:01:15,190 --> 00:01:13,760

fourth podcast for the day my last one

32

00:01:16,870 --> 00:01:15,200

so don't worry i'm here with you for as

33

00:01:18,149 --> 00:01:16,880

long as you're willing to spend some

34

00:01:21,670 --> 00:01:18,159

time with me

35

00:01:23,030 --> 00:01:21,680

and i also don't have the question see

36

00:01:25,670 --> 00:01:23,040

most of the time what i do is a

37

00:01:27,429 --> 00:01:25,680

prodigious amount of research and it's

38

00:01:28,950 --> 00:01:27,439

as if i'm on a boat and i'm heavily

39

00:01:32,069 --> 00:01:28,960

steering it

40

00:01:35,670 --> 00:01:34,149

i have notes not printed in front of me

41

00:01:37,270 --> 00:01:35,680

like usual

42

00:01:40,230 --> 00:01:37,280

which means i'll have to press alt tab

43

00:01:42,789 --> 00:01:40,240

and check my notes occasionally but i

44

00:01:44,789 --> 00:01:42,799

thought that in the spirit of this

45

00:01:46,550 --> 00:01:44,799

in the spirit of what you're about which

46

00:01:48,389 --> 00:01:46,560

is how about we

47

00:01:50,630 --> 00:01:48,399

float freely in the waters let the

48

00:01:51,990 --> 00:01:50,640

universe take us where it may

49

00:01:55,190 --> 00:01:52,000

i thought how about let this

50

00:01:56,870 --> 00:01:55,200

conversation take us or it may

51
00:01:58,870 --> 00:01:56,880
please do

52
00:02:01,350 --> 00:01:58,880
or please allow it anthony why don't you

53
00:02:02,789 --> 00:02:01,360
tell the audience a little bit about

54
00:02:05,429 --> 00:02:02,799
where you

55
00:02:07,670 --> 00:02:05,439
started from in your intellectual

56
00:02:09,990 --> 00:02:07,680
journey so that's maybe you're around

57
00:02:11,110 --> 00:02:10,000
teenager late teens or so

58
00:02:12,550 --> 00:02:11,120
what you're

59
00:02:14,150 --> 00:02:12,560
ideological i don't like to use that

60
00:02:16,390 --> 00:02:14,160
word ideology but

61
00:02:18,150 --> 00:02:16,400
for the sake of using a word that

62
00:02:20,229 --> 00:02:18,160
people believe they understand your

63
00:02:22,150 --> 00:02:20,239

ideological disposition at the time and

64

00:02:23,910 --> 00:02:22,160

then how it changed and where you are

65

00:02:24,949 --> 00:02:23,920

now

66

00:02:26,150 --> 00:02:24,959

okay

67

00:02:27,830 --> 00:02:26,160

well i don't normally talk about the

68

00:02:31,270 --> 00:02:27,840

teenage years but

69

00:02:34,470 --> 00:02:31,280

i was pretty much a depressed

70

00:02:37,589 --> 00:02:34,480

poetic kind of musician kid who skipped

71

00:02:40,229 --> 00:02:37,599

school as much as possible to smoke weed

72

00:02:42,390 --> 00:02:40,239

and drink beer and play with my band and

73

00:02:45,670 --> 00:02:42,400

write angry lyrics

74

00:02:49,030 --> 00:02:45,680

for the singer to sing and

75

00:02:50,869 --> 00:02:49,040

my earliest experiences really were of

76
00:02:53,030 --> 00:02:50,879
being a just dropping out of high school

77
00:02:54,869 --> 00:02:53,040
and reading the encyclopedia i didn't

78
00:02:57,830 --> 00:02:54,879
read it page for page but we had this

79
00:03:00,470 --> 00:02:57,840
old colliers encyclopedia encyclopedia

80
00:03:02,390 --> 00:03:00,480
yeah and i just went through that

81
00:03:05,350 --> 00:03:02,400
from beginning to end you know again not

82
00:03:06,790 --> 00:03:05,360
every single page but it was just the

83
00:03:07,910 --> 00:03:06,800
most amazing experience and i used to

84
00:03:10,550 --> 00:03:07,920
walk

85
00:03:12,550 --> 00:03:10,560
uh to pretend that i was going to school

86
00:03:15,270 --> 00:03:12,560
and listen to cbc radio

87
00:03:17,030 --> 00:03:15,280
uh peter sawsky was alive at the time

88
00:03:18,710 --> 00:03:17,040

i think it was morningside it was called

89

00:03:19,750 --> 00:03:18,720

and you were in toronto or you were

90

00:03:22,470 --> 00:03:19,760

aware

91

00:03:25,110 --> 00:03:22,480

this is in british columbia oh

92

00:03:27,509 --> 00:03:25,120

so i was in salmon arm which is

93

00:03:29,830 --> 00:03:27,519

some nowhere place

94

00:03:31,350 --> 00:03:29,840

yeah if you see me go like this

95

00:03:32,789 --> 00:03:31,360

that's because for the people listening

96

00:03:34,550 --> 00:03:32,799

or watching this

97

00:03:36,949 --> 00:03:34,560

there's a bit of a delay because

98

00:03:39,670 --> 00:03:36,959

anthony's in australia if i'm correct

99

00:03:41,350 --> 00:03:39,680

yes right and i'm in toronto and so

100

00:03:43,270 --> 00:03:41,360

if i need to get a

101
00:03:45,190 --> 00:03:43,280
all of this gets edited out eventually

102
00:03:46,789 --> 00:03:45,200
when i

103
00:03:48,550 --> 00:03:46,799
put up the pristine version of this

104
00:03:51,589 --> 00:03:48,560
podcast but for now it's going to be

105
00:03:53,589 --> 00:03:51,599
messy and i forgot to ask you to record

106
00:03:55,670 --> 00:03:53,599
your audio if you don't mind doing so

107
00:03:57,910 --> 00:03:55,680
it's recording okay great great just

108
00:03:59,670 --> 00:03:57,920
your own audio your instructions yes

109
00:04:00,949 --> 00:03:59,680
yeah thank you man thank you i'm sorry

110
00:04:02,070 --> 00:04:00,959
to rudely interrupt if you don't mind

111
00:04:04,070 --> 00:04:02,080
continuing

112
00:04:06,949 --> 00:04:04,080
no not at all yeah so i wasn't in

113
00:04:08,949 --> 00:04:06,959

toronto yet but i was in salmon arm even

114

00:04:11,030 --> 00:04:08,959

silver creek which is outside of salmon

115

00:04:13,589 --> 00:04:11,040

arm this very nowhere place

116

00:04:16,870 --> 00:04:13,599

and uh listening to peter zoski and he

117

00:04:19,189 --> 00:04:16,880

would bring in the most amazing guests

118

00:04:21,030 --> 00:04:19,199

that gave me far more of an education

119

00:04:22,710 --> 00:04:21,040

than high school ever did

120

00:04:24,710 --> 00:04:22,720

and what ended up happening is i went to

121

00:04:26,230 --> 00:04:24,720

graduate with my friends even though i

122

00:04:28,390 --> 00:04:26,240

wasn't graduating

123

00:04:30,310 --> 00:04:28,400

and one of my friends mothers who

124

00:04:31,990 --> 00:04:30,320

had inspired me so much when i was a

125

00:04:33,670 --> 00:04:32,000

teenager going to her house and seeing

126

00:04:35,590 --> 00:04:33,680

all the books that she had she was a

127

00:04:37,749 --> 00:04:35,600

professor at york actually

128

00:04:39,590 --> 00:04:37,759

uh she said what the hell you're not

129

00:04:41,350 --> 00:04:39,600

graduating

130

00:04:43,830 --> 00:04:41,360

you should be a professor when you grow

131

00:04:45,830 --> 00:04:43,840

up and somehow that got in my head this

132

00:04:47,110 --> 00:04:45,840

image of being the professor

133

00:04:49,350 --> 00:04:47,120

and

134

00:04:51,030 --> 00:04:49,360

you know it's kind of sucked not going

135

00:04:53,110 --> 00:04:51,040

to school and knowing that i was going

136

00:04:54,790 --> 00:04:53,120

to have a life of no education because

137

00:04:56,469 --> 00:04:54,800

at that time i think it was true that if

138

00:04:57,990 --> 00:04:56,479

you didn't have your high school degree

139

00:04:59,110 --> 00:04:58,000

you know it would be very difficult to

140

00:05:00,469 --> 00:04:59,120

get a job

141

00:05:03,430 --> 00:05:00,479

and so um

142

00:05:05,430 --> 00:05:03,440

i took i i took the embarrassing step of

143

00:05:07,670 --> 00:05:05,440

going back to high school

144

00:05:08,710 --> 00:05:07,680

and uh then i got myself into university

145

00:05:10,310 --> 00:05:08,720

and

146

00:05:11,590 --> 00:05:10,320

i mean it's a long story the university

147

00:05:14,070 --> 00:05:11,600

but

148

00:05:15,670 --> 00:05:14,080

in terms of ideology i don't know that i

149

00:05:17,270 --> 00:05:15,680

distinctly remember what it was but i

150

00:05:18,790 --> 00:05:17,280

started

151

00:05:21,749 --> 00:05:18,800

university in

152

00:05:23,749 --> 00:05:21,759

political science that was going to be

153

00:05:25,990 --> 00:05:23,759

my uh focus

154

00:05:28,390 --> 00:05:26,000

and i was working for the

155

00:05:30,629 --> 00:05:28,400

the school newspaper editing writing

156

00:05:32,150 --> 00:05:30,639

stories and so forth and i met i think

157

00:05:33,830 --> 00:05:32,160

his name was glenn kemp not glenn

158

00:05:35,909 --> 00:05:33,840

campbell that was right glenn clark

159

00:05:38,629 --> 00:05:35,919

maybe and he had been the premier of bc

160

00:05:40,870 --> 00:05:38,639

at the time and um

161

00:05:43,029 --> 00:05:40,880

i interviewed him and i thought within

162

00:05:45,029 --> 00:05:43,039

three minutes i never want anything to

163

00:05:47,350 --> 00:05:45,039

do with political science again or

164

00:05:50,790 --> 00:05:47,360

politicians and so i went and changed my

165

00:05:53,029 --> 00:05:50,800

degree to english literature and um

166

00:05:56,070 --> 00:05:53,039

yeah but why what was it about what was

167

00:05:59,430 --> 00:05:58,150

uh i just could tell he was lying to me

168

00:06:00,790 --> 00:05:59,440

and

169

00:06:03,029 --> 00:06:00,800

you know

170

00:06:04,469 --> 00:06:03,039

i i don't know where i get that but i

171

00:06:07,110 --> 00:06:04,479

just don't like

172

00:06:10,950 --> 00:06:07,120

this kind of dual track

173

00:06:12,950 --> 00:06:10,960

modulating of what's going on and yeah

174

00:06:15,830 --> 00:06:12,960

it just felt so false to me and i

175

00:06:17,590 --> 00:06:15,840

thought this guy's a tyrant and if i

176

00:06:18,710 --> 00:06:17,600

i remember that word coming up to and

177

00:06:20,070 --> 00:06:18,720

i've been reading you know plato's

178

00:06:21,749 --> 00:06:20,080

republic and all this sort of stuff at

179

00:06:24,870 --> 00:06:21,759

that time it was just the first time

180

00:06:27,029 --> 00:06:24,880

encountering all those ideas um

181

00:06:29,270 --> 00:06:27,039

and i just thought if i go that route

182

00:06:32,070 --> 00:06:29,280

i'll be like this guy and so i wanted to

183

00:06:34,950 --> 00:06:32,080

get as far away from that as possible

184

00:06:37,110 --> 00:06:34,960

so that was

185

00:06:39,110 --> 00:06:37,120

where that puts me ideologically i don't

186

00:06:41,029 --> 00:06:39,120

know but i had been reading lots of you

187

00:06:44,710 --> 00:06:41,039

know existentialist literature and

188

00:06:47,110 --> 00:06:44,720

philosophy and was really into

189

00:06:48,629 --> 00:06:47,120

people like don delillo in literature

190

00:06:50,950 --> 00:06:48,639

whatever that means

191

00:06:55,749 --> 00:06:50,960

in terms of

192

00:06:59,589 --> 00:06:57,189

quite uh

193

00:07:01,270 --> 00:06:59,599

embracing of a lot of different chaotic

194

00:07:04,070 --> 00:07:01,280

elements going on in the world and not

195

00:07:05,029 --> 00:07:04,080

getting too involved in any of them so

196

00:07:07,510 --> 00:07:05,039

you can

197

00:07:09,189 --> 00:07:07,520

have the widest possible perspective

198

00:07:10,870 --> 00:07:09,199

and make decisions

199

00:07:13,430 --> 00:07:10,880

based on some sort of rational basis

200

00:07:14,830 --> 00:07:13,440

wherever possible

201
00:07:17,830 --> 00:07:14,840
were you a quick

202
00:07:21,189 --> 00:07:17,840
reader always i'd say

203
00:07:22,710 --> 00:07:21,199
i'd say i'm relatively quick but

204
00:07:25,909 --> 00:07:22,720
uh

205
00:07:27,830 --> 00:07:25,919
slow enough to pay attention

206
00:07:29,430 --> 00:07:27,840
okay so then what happened so you're in

207
00:07:30,390 --> 00:07:29,440
your university years early i know that

208
00:07:32,309 --> 00:07:30,400
it took you

209
00:07:33,749 --> 00:07:32,319
quite some time to getting your phd and

210
00:07:36,390 --> 00:07:33,759
that's because of quite a bit of

211
00:07:38,550 --> 00:07:36,400
itinerancy and your choices to what you

212
00:07:42,070 --> 00:07:38,560
precisely want but

213
00:07:43,749 --> 00:07:43,110

yeah well

214

00:07:47,270 --> 00:07:43,759

had

215

00:07:49,510 --> 00:07:47,280

started university in british columbia

216

00:07:51,510 --> 00:07:49,520

at a small college

217

00:07:53,029 --> 00:07:51,520

in uh salmon arm which is

218

00:07:55,510 --> 00:07:53,039

okanagan university college which i

219

00:07:56,869 --> 00:07:55,520

think now is subsumed by ubc

220

00:07:59,029 --> 00:07:56,879

um

221

00:08:00,390 --> 00:07:59,039

and then i was in university of northern

222

00:08:01,670 --> 00:08:00,400

british columbia which is way up in

223

00:08:02,790 --> 00:08:01,680

prince george

224

00:08:04,469 --> 00:08:02,800

somehow

225

00:08:06,469 --> 00:08:04,479

an uncle of mine had said why don't you

226

00:08:08,550 --> 00:08:06,479

come work the summer uh

227

00:08:11,110 --> 00:08:08,560

at para paints which is in

228

00:08:13,749 --> 00:08:11,120

brampton in toronto and i did that and i

229

00:08:16,070 --> 00:08:13,759

kind of liked it there and i wound up

230

00:08:17,749 --> 00:08:16,080

applying to university of toronto

231

00:08:19,270 --> 00:08:17,759

university of toronto wanted

232

00:08:20,629 --> 00:08:19,280

accepted me but only on a part-time

233

00:08:22,790 --> 00:08:20,639

basis and i didn't want to go to

234

00:08:24,469 --> 00:08:22,800

university part-time i don't know why it

235

00:08:27,189 --> 00:08:24,479

had something to do with like i had

236

00:08:28,390 --> 00:08:27,199

really bad high school grades because

237

00:08:30,629 --> 00:08:28,400

that's interesting

238

00:08:31,589 --> 00:08:30,639

yeah i dropped out and

239

00:08:33,509 --> 00:08:31,599

i mean i

240

00:08:35,829 --> 00:08:33,519

i never cared about high school at all i

241

00:08:37,829 --> 00:08:35,839

remember one time i had an a on my

242

00:08:40,870 --> 00:08:37,839

report card and i tore it up i was

243

00:08:43,909 --> 00:08:40,880

embarrassed that i had a good grade

244

00:08:45,110 --> 00:08:43,919

which was in literature of course why

245

00:08:46,710 --> 00:08:45,120

i think it was

246

00:08:48,470 --> 00:08:46,720

probably dramatic showing off at the

247

00:08:49,910 --> 00:08:48,480

time i was in front of my friends in the

248

00:08:51,269 --> 00:08:49,920

band and

249

00:08:53,030 --> 00:08:51,279

we were sharing each other's report

250

00:08:54,630 --> 00:08:53,040

cards and they all had bad grades and i

251
00:08:56,389 --> 00:08:54,640
heard i had this a and they're like what

252
00:08:57,910 --> 00:08:56,399
are you doing or whatever but i i

253
00:09:00,310 --> 00:08:57,920
remember touring it up as a sort of

254
00:09:02,389 --> 00:09:00,320
theatrical thing to do

255
00:09:06,550 --> 00:09:02,399
so you have this romanticization of what

256
00:09:07,910 --> 00:09:06,560
it means to be this nihilist rock person

257
00:09:11,590 --> 00:09:07,920
yeah i mean it

258
00:09:13,670 --> 00:09:11,600
it was 1993 well i graduated

259
00:09:15,590 --> 00:09:13,680
uh i was supposed to graduate 95 so i

260
00:09:18,470 --> 00:09:15,600
graduated in 96 but

261
00:09:21,110 --> 00:09:18,480
somewhere in 93 94 this is when i got

262
00:09:23,269 --> 00:09:21,120
this grade it was like nine inch nails

263
00:09:25,750 --> 00:09:23,279

pretty hate machine hate everybody hate

264

00:09:27,509 --> 00:09:25,760

yourself hate success

265

00:09:28,470 --> 00:09:27,519

and all the bands i followed if they

266

00:09:31,350 --> 00:09:28,480

weren't

267

00:09:33,590 --> 00:09:31,360

bootstrapped fugazi kind of

268

00:09:37,030 --> 00:09:33,600

indie do-it-yourself people then they

269

00:09:38,790 --> 00:09:37,040

were somehow anti-establishment or

270

00:09:40,389 --> 00:09:38,800

at least they were preaching that

271

00:09:41,829 --> 00:09:40,399

you know later you investigate this and

272

00:09:44,389 --> 00:09:41,839

there's a lot more corporate interest in

273

00:09:46,150 --> 00:09:44,399

it than you thought at the time but um

274

00:09:47,430 --> 00:09:46,160

you know what i noticed

275

00:09:49,190 --> 00:09:47,440

about you mentioned when you were

276

00:09:50,870 --> 00:09:49,200

interviewing someone i forget the

277

00:09:52,389 --> 00:09:50,880

person's name glenn maybe it was some

278

00:09:54,230 --> 00:09:52,399

political science person and then you

279

00:09:55,269 --> 00:09:54,240

realized they had this pretext or a

280

00:09:56,630 --> 00:09:55,279

facade

281

00:09:57,670 --> 00:09:56,640

and you didn't want anything to do with

282

00:09:59,750 --> 00:09:57,680

that

283

00:10:01,670 --> 00:09:59,760

what i notice is

284

00:10:02,710 --> 00:10:01,680

there are these artists nowadays ever

285

00:10:05,030 --> 00:10:02,720

since

286

00:10:07,430 --> 00:10:05,040

kurt cobain but kurt cobain was genuine

287

00:10:08,630 --> 00:10:07,440

if you watch kurt cobain he's authentic

288

00:10:10,710 --> 00:10:08,640

in his

289

00:10:12,870 --> 00:10:10,720

distaste for culture and his distaste

290

00:10:13,990 --> 00:10:12,880

for

291

00:10:15,829 --> 00:10:14,000

values

292

00:10:17,110 --> 00:10:15,839

of a certain kind he was a nihilist in

293

00:10:20,389 --> 00:10:17,120

some ways he was there's this

294

00:10:23,430 --> 00:10:20,399

romanticization of nihilists in

295

00:10:25,430 --> 00:10:23,440

pop culture in popular music that has

296

00:10:27,509 --> 00:10:25,440

grown ever since kurt cobain you've even

297

00:10:29,110 --> 00:10:27,519

see it with artists nowadays with

298

00:10:30,230 --> 00:10:29,120

i don't remember who but you just look

299

00:10:32,069 --> 00:10:30,240

at the music videos and you see how

300

00:10:33,670 --> 00:10:32,079

they're singing like

301

00:10:35,269 --> 00:10:33,680

like like they're trying not to sing

302

00:10:37,990 --> 00:10:35,279

like they're trying to

303

00:10:39,829 --> 00:10:38,000

appear like they're not trying

304

00:10:42,949 --> 00:10:39,839

and i see it as false nihilism i see it

305

00:10:45,190 --> 00:10:42,959

as a facade as well because they're

306

00:10:48,389 --> 00:10:45,200

admiring what it's like to be a nihilist

307

00:10:50,630 --> 00:10:48,399

or more particularly they admire what

308

00:10:52,389 --> 00:10:50,640

being a nihilist a popular nihilist gets

309

00:10:55,590 --> 00:10:52,399

you someone like i don't know this

310

00:10:56,870 --> 00:10:55,600

person's name dua lipa or lipa duo

311

00:10:58,470 --> 00:10:56,880

people in the comments section can

312

00:11:00,710 --> 00:10:58,480

correct me i'm not familiar with modern

313

00:11:02,790 --> 00:11:00,720

music but that's something i see it's

314

00:11:05,670 --> 00:11:02,800

not just

315

00:11:07,750 --> 00:11:05,680

politicians that have this masquerading

316

00:11:09,829 --> 00:11:07,760

it's it's all of us it's me it's

317

00:11:11,350 --> 00:11:09,839

something i was i saw in a as i was

318

00:11:13,750 --> 00:11:11,360

watching an interview with someone named

319

00:11:15,430 --> 00:11:13,760

chris williamson i'm pretty sure some

320

00:11:17,269 --> 00:11:15,440

he's a has a famous

321

00:11:20,630 --> 00:11:17,279

a fairly famous podcast he was

322

00:11:22,389 --> 00:11:20,640

interviewing someone who

323

00:11:23,910 --> 00:11:22,399

i forget her name

324

00:11:25,670 --> 00:11:23,920

pamela or

325

00:11:27,670 --> 00:11:25,680

has two p's whatever it doesn't matter

326

00:11:29,670 --> 00:11:27,680

she studies high performers

327

00:11:30,949 --> 00:11:29,680

right when you watch her speak you get

328

00:11:32,630 --> 00:11:30,959

the sense that you're not speaking to

329

00:11:34,069 --> 00:11:32,640

the person when i'm speaking to you

330

00:11:35,110 --> 00:11:34,079

right now i get the sense that i am

331

00:11:36,870 --> 00:11:35,120

speaking to you that you're being

332

00:11:39,910 --> 00:11:36,880

genuine you can tell because someone

333

00:11:41,910 --> 00:11:39,920

trips over their words someone is

334

00:11:45,110 --> 00:11:41,920

pausing as they think someone is like

335

00:11:46,949 --> 00:11:45,120

yourself someone is laughing at

336

00:11:48,790 --> 00:11:46,959

at different moments in their own story

337

00:11:50,550 --> 00:11:48,800

someone is

338

00:11:51,750 --> 00:11:50,560

hiding and recoiling from the parts that

339

00:11:53,350 --> 00:11:51,760

they're embarrassed about like

340

00:11:54,870 --> 00:11:53,360

subconsciously rather than a

341

00:11:57,269 --> 00:11:54,880

manufactured appearance and when i was

342

00:12:00,630 --> 00:11:57,279

watching chris interview

343

00:12:02,949 --> 00:12:00,640

her let me get her name not to

344

00:12:04,710 --> 00:12:02,959

not to berate her but she has the same

345

00:12:06,389 --> 00:12:04,720

quality even though she is completely

346

00:12:09,269 --> 00:12:06,399

apolitical as far as i could see she's

347

00:12:11,190 --> 00:12:09,279

the same quality of politicians and i

348

00:12:12,790 --> 00:12:11,200

dislike that

349

00:12:14,949 --> 00:12:12,800

yeah that's another reason why i'm

350

00:12:16,550 --> 00:12:14,959

speaking to you completely off the cuff

351

00:12:17,910 --> 00:12:16,560

sorry not completely off the cuff i do

352

00:12:20,470 --> 00:12:17,920

have some notes but

353

00:12:22,230 --> 00:12:20,480

why i've made one page of notes rather

354

00:12:25,590 --> 00:12:22,240

than 10 pages compared to the usual

355

00:12:28,230 --> 00:12:25,600

guest because i wanted to freely float

356

00:12:30,470 --> 00:12:28,240

in this stream of

357

00:12:32,069 --> 00:12:30,480

uncertainty with you

358

00:12:33,670 --> 00:12:32,079

let me get that person's life just so i

359

00:12:35,910 --> 00:12:33,680

can move on

360

00:12:37,590 --> 00:12:35,920

yeah well i'll just say that

361

00:12:39,670 --> 00:12:37,600

that pretense is

362

00:12:41,750 --> 00:12:39,680

is deeply alarming and i think it's

363

00:12:44,389 --> 00:12:41,760

deeply alarming to culture as such even

364

00:12:45,910 --> 00:12:44,399

if people don't realize it uh

365

00:12:49,110 --> 00:12:45,920

you see it in

366

00:12:49,829 --> 00:12:49,120

time

367

00:12:51,430 --> 00:12:49,839

but

368

00:12:53,190 --> 00:12:51,440

when you since you mentioned cobain i

369

00:12:55,110 --> 00:12:53,200

mean

370

00:12:56,470 --> 00:12:55,120

he gave one of the greatest gifts in one

371

00:12:57,910 --> 00:12:56,480

of his

372

00:12:59,750 --> 00:12:57,920

interviews where he was just being

373

00:13:02,470 --> 00:12:59,760

himself and they're asking him what he

374

00:13:04,069 --> 00:13:02,480

reads and he said that he read

375

00:13:05,350 --> 00:13:04,079

patrick suskin's

376

00:13:08,629 --> 00:13:05,360

perfume

377

00:13:10,470 --> 00:13:08,639

which is a novel that's very much about

378

00:13:13,269 --> 00:13:10,480

this you know this

379

00:13:14,310 --> 00:13:13,279

crazy person who can't stand the stench

380

00:13:15,430 --> 00:13:14,320

of things

381

00:13:17,190 --> 00:13:15,440

and

382

00:13:18,629 --> 00:13:17,200

perfume right right right that's

383

00:13:20,550 --> 00:13:18,639

interesting

384

00:13:22,230 --> 00:13:20,560

which is a highly

385

00:13:24,470 --> 00:13:22,240

interesting novel to read and it's a

386

00:13:26,470 --> 00:13:24,480

very good novel and

387

00:13:28,389 --> 00:13:26,480

this is this is where i think the

388

00:13:31,350 --> 00:13:28,399

question gets super interesting because

389

00:13:33,590 --> 00:13:31,360

here's cobain who you know

390

00:13:36,550 --> 00:13:33,600

where is he is he an ils is he pop

391

00:13:37,750 --> 00:13:36,560

culture is he anti-pop culture

392

00:13:39,110 --> 00:13:37,760

what is this sort of thing and he's

393

00:13:40,230 --> 00:13:39,120

reading a

394

00:13:41,829 --> 00:13:40,240

deeply

395

00:13:44,310 --> 00:13:41,839

cultured

396

00:13:47,190 --> 00:13:44,320

german novel translated in english i

397

00:13:49,670 --> 00:13:47,200

would assume but you know suskin is not

398

00:13:52,870 --> 00:13:49,680

a lightweight or you know some

399

00:13:55,110 --> 00:13:52,880

vagabond novelist right turns out he's

400

00:13:58,310 --> 00:13:55,120

highly cherished and you know top

401
00:13:59,189 --> 00:13:58,320
top-notch blue ribbon in europe etc and

402
00:14:00,949 --> 00:13:59,199
um

403
00:14:03,829 --> 00:14:00,959
you you can

404
00:14:04,870 --> 00:14:03,839
really see the the collapse i think in

405
00:14:06,710 --> 00:14:04,880
a lot of

406
00:14:07,990 --> 00:14:06,720
this sort of pretense i'm not i don't

407
00:14:09,750 --> 00:14:08,000
know exactly what i'm trying to get to

408
00:14:12,870 --> 00:14:09,760
but one thing that comes to mind is when

409
00:14:14,310 --> 00:14:12,880
i was a kid in kamloops british columbia

410
00:14:17,030 --> 00:14:14,320
we were between

411
00:14:19,509 --> 00:14:17,040
seattle and calgary basically or

412
00:14:21,670 --> 00:14:19,519
vancouver and calgary but

413
00:14:23,590 --> 00:14:21,680

you know the a lot of bands came through

414

00:14:24,629 --> 00:14:23,600

and they would stop and one of them was

415

00:14:29,670 --> 00:14:24,639

green day

416

00:14:32,150 --> 00:14:29,680

was the most amazing thing ever

417

00:14:33,910 --> 00:14:32,160

and we had no idea that one day they

418

00:14:36,069 --> 00:14:33,920

were going to do this album called

419

00:14:37,430 --> 00:14:36,079

dookie and become this

420

00:14:39,189 --> 00:14:37,440

international

421

00:14:41,030 --> 00:14:39,199

smash hit we had no idea it was just

422

00:14:43,189 --> 00:14:41,040

some band called green day a couple of

423

00:14:44,949 --> 00:14:43,199

the kids had the shirt we all remembered

424

00:14:47,750 --> 00:14:44,959

because the drummer

425

00:14:49,829 --> 00:14:47,760

had bounced his sticks off the floor tom

426

00:14:51,750 --> 00:14:49,839

and was doing all these stunts and it

427

00:14:53,110 --> 00:14:51,760

just was the most memorable concert i

428

00:14:55,670 --> 00:14:53,120

think they played with

429

00:14:57,990 --> 00:14:55,680

roll cage which was a local band etc

430

00:14:59,910 --> 00:14:58,000

years later everybody's like oh they

431

00:15:02,629 --> 00:14:59,920

sold out but we saw them when they were

432

00:15:04,949 --> 00:15:02,639

real and all this sort of stuff and my

433

00:15:06,150 --> 00:15:04,959

question at that time was well and i'm

434

00:15:10,629 --> 00:15:06,160

you know

435

00:15:12,389 --> 00:15:10,639

blue but it's not really blue and i'm

436

00:15:14,949 --> 00:15:12,399

already a philosophical

437

00:15:17,030 --> 00:15:14,959

sort of oriented individual and i it

438

00:15:19,269 --> 00:15:17,040

rubbed me the wrong way that people

439

00:15:21,350 --> 00:15:19,279

would say we saw these guys when they

440

00:15:24,230 --> 00:15:21,360

were real but now that they have massive

441

00:15:26,230 --> 00:15:24,240

radio play and they're on you know

442

00:15:27,910 --> 00:15:26,240

the music video all the time now that's

443

00:15:29,829 --> 00:15:27,920

somehow not real

444

00:15:32,389 --> 00:15:29,839

and

445

00:15:34,949 --> 00:15:32,399

later if i skip forward to university

446

00:15:36,870 --> 00:15:34,959

in toronto i was i loved the poetry

447

00:15:38,790 --> 00:15:36,880

scene there you know screaming high park

448

00:15:40,949 --> 00:15:38,800

was the most amazing thing to go to

449

00:15:44,150 --> 00:15:40,959

during those years and seeing guys like

450

00:15:46,629 --> 00:15:44,160

steve mccaffrey and christian book uh

451
00:15:47,829 --> 00:15:46,639
doing poetry readings and whatnot

452
00:15:49,110 --> 00:15:47,839
in toronto

453
00:15:51,030 --> 00:15:49,120
there would you'd always hear these

454
00:15:53,189 --> 00:15:51,040
people talking about

455
00:15:54,870 --> 00:15:53,199
how that they were masters of the craft

456
00:15:56,389 --> 00:15:54,880
and then they would

457
00:15:59,030 --> 00:15:56,399
with their

458
00:16:00,230 --> 00:15:59,040
creative writing you know salaries

459
00:16:02,870 --> 00:16:00,240
berate

460
00:16:04,150 --> 00:16:02,880
people like stephen king as garbage and

461
00:16:05,990 --> 00:16:04,160
uh

462
00:16:07,590 --> 00:16:06,000
because he was successful

463
00:16:08,870 --> 00:16:07,600

yeah and i came up with this theory

464

00:16:10,430 --> 00:16:08,880

called craft

465

00:16:14,069 --> 00:16:10,440

and it was spelled

466

00:16:15,430 --> 00:16:14,079

c-r-a-p-h-t right and uh it's like crap

467

00:16:17,910 --> 00:16:15,440

they're just calling

468

00:16:20,829 --> 00:16:17,920

all of this successful stuff

469

00:16:23,189 --> 00:16:20,839

crap because it succeeds

470

00:16:24,710 --> 00:16:23,199

and then you look at stephen king and he

471

00:16:26,150 --> 00:16:24,720

has this amazing quote somewhere he's

472

00:16:28,710 --> 00:16:26,160

like if you've ever sold a piece of

473

00:16:31,350 --> 00:16:28,720

writing and then taken that money

474

00:16:34,310 --> 00:16:31,360

and used it to pay the electricity bill

475

00:16:37,269 --> 00:16:34,320

then i call you talented and so there's

476

00:16:39,509 --> 00:16:37,279

like this war going on but

477

00:16:41,430 --> 00:16:39,519

you know who is it that's that's

478

00:16:43,030 --> 00:16:41,440

doing the complaining in this war and so

479

00:16:45,990 --> 00:16:43,040

forth and it's usually some sort of

480

00:16:47,030 --> 00:16:46,000

nietzschean slave morality where

481

00:16:49,189 --> 00:16:47,040

that you know

482

00:16:51,030 --> 00:16:49,199

this or that is less real or this or

483

00:16:52,870 --> 00:16:51,040

that is less genuine or this is that is

484

00:16:55,030 --> 00:16:52,880

less authentic and when you listen to

485

00:16:56,790 --> 00:16:55,040

the people who are making these claims

486

00:16:59,189 --> 00:16:56,800

i'm not saying that this is always the

487

00:17:01,350 --> 00:16:59,199

case but it seems usually to be coming

488

00:17:03,030 --> 00:17:01,360

from people who have some sort of

489

00:17:04,390 --> 00:17:03,040

invested interest

490

00:17:09,110 --> 00:17:04,400

in

491

00:17:10,949 --> 00:17:09,120

for these people

492

00:17:12,949 --> 00:17:10,959

to vent their

493

00:17:14,949 --> 00:17:12,959

hatred or their anger or their jealousy

494

00:17:16,870 --> 00:17:14,959

or their envy or whatever it is and

495

00:17:18,309 --> 00:17:16,880

that's like that's the deep sickness

496

00:17:20,549 --> 00:17:18,319

here

497

00:17:22,470 --> 00:17:20,559

that that i see in all these sorts of

498

00:17:24,549 --> 00:17:22,480

issues because

499

00:17:26,789 --> 00:17:24,559

if there's no free will and if life is

500

00:17:28,390 --> 00:17:26,799

as chaotic as it appears to be

501
00:17:30,710 --> 00:17:28,400
these people who become successful don't

502
00:17:31,590 --> 00:17:30,720
have nearly as much choice in it as it

503
00:17:34,310 --> 00:17:31,600
seems

504
00:17:36,549 --> 00:17:34,320
and it's it's not as if they could have

505
00:17:39,430 --> 00:17:36,559
said i'm going to be successful one day

506
00:17:42,870 --> 00:17:39,440
i'm going to sell out that's my plan it

507
00:17:45,350 --> 00:17:42,880
just doesn't make any sense and um

508
00:17:47,270 --> 00:17:45,360
our filters now somehow call it garbage

509
00:17:49,430 --> 00:17:47,280
because it's successful where does that

510
00:17:51,830 --> 00:17:49,440
filter come from what's the survival

511
00:17:53,909 --> 00:17:51,840
mechanism here anyway that's kind of

512
00:17:55,830 --> 00:17:53,919
just ripping on you mentioning kurt

513
00:17:57,110 --> 00:17:55,840

cobain but

514

00:18:00,150 --> 00:17:57,120

it's almost like a lot of these people

515

00:18:01,909 --> 00:18:00,160

get into this success and they they

516

00:18:03,990 --> 00:18:01,919

themselves hate it you know because they

517

00:18:05,510 --> 00:18:04,000

didn't choose it they didn't want it and

518

00:18:09,270 --> 00:18:05,520

um

519

00:18:12,150 --> 00:18:09,280

that was certainly true of kurt cobain

520

00:18:13,510 --> 00:18:12,160

he couldn't bear his own success

521

00:18:15,750 --> 00:18:13,520

but there are other people i think who

522

00:18:18,070 --> 00:18:15,760

balance it quite healthy in with quite a

523

00:18:19,830 --> 00:18:18,080

bit of health you know they managed to

524

00:18:21,270 --> 00:18:19,840

see the game for what it is and they're

525

00:18:23,430 --> 00:18:21,280

like yeah

526

00:18:25,909 --> 00:18:23,440

you know inflation is real and uh i

527

00:18:27,190 --> 00:18:25,919

better make some investments and

528

00:18:29,029 --> 00:18:27,200

you know

529

00:18:30,549 --> 00:18:29,039

build a boat around myself as much as

530

00:18:32,549 --> 00:18:30,559

possible because the success isn't going

531

00:18:34,230 --> 00:18:32,559

to last but i like the comfort i have

532

00:18:36,150 --> 00:18:34,240

now and so forth and you just see all

533

00:18:39,190 --> 00:18:36,160

kinds of people playing all kinds of

534

00:18:41,510 --> 00:18:39,200

games and some play it well some play it

535

00:18:43,830 --> 00:18:41,520

less well some play it with an artist

536

00:18:45,909 --> 00:18:43,840

ideology others play it with some other

537

00:18:49,510 --> 00:18:45,919

thing but they they gotta play you're

538

00:18:51,270 --> 00:18:49,520

forced to play it and uh

539

00:18:53,430 --> 00:18:51,280

i don't know it i've always found that

540

00:18:55,669 --> 00:18:53,440

interesting anyway so pretense

541

00:18:57,510 --> 00:18:55,679

i think that there's pretension in all

542

00:19:01,110 --> 00:18:57,520

kinds of areas and it may have some

543

00:19:02,549 --> 00:19:01,120

biological filter it may have some

544

00:19:04,870 --> 00:19:02,559

nature nurture

545

00:19:07,190 --> 00:19:04,880

complex going on but i don't think it's

546

00:19:09,669 --> 00:19:07,200

as simple as you know

547

00:19:12,070 --> 00:19:09,679

nihilism in kurt cobain's case

548

00:19:13,750 --> 00:19:12,080

maybe but i i think it's i think that

549

00:19:15,830 --> 00:19:13,760

the issues are pretty

550

00:19:17,909 --> 00:19:15,840

pretty deep and and rich to sift and

551

00:19:19,350 --> 00:19:17,919

sort and screen through

552

00:19:21,350 --> 00:19:19,360

there's a certain kind of speech that

553

00:19:23,270 --> 00:19:21,360

politicians definitely have something

554

00:19:24,630 --> 00:19:23,280

that even though i'll get excoriated for

555

00:19:26,390 --> 00:19:24,640

mentioning this something that donald

556

00:19:28,630 --> 00:19:26,400

trump doesn't have because donald trump

557

00:19:30,230 --> 00:19:28,640

speaks off the cuff and you can tell

558

00:19:32,230 --> 00:19:30,240

as much as people dislike him and as

559

00:19:34,230 --> 00:19:32,240

much as whatever he says can be

560

00:19:36,070 --> 00:19:34,240

abhorrent at least you get the feeling

561

00:19:38,070 --> 00:19:36,080

that he's

562

00:19:39,830 --> 00:19:38,080

you know i'll get crit critiqued for

563

00:19:40,950 --> 00:19:39,840

this as well i wouldn't even say that

564

00:19:42,950 --> 00:19:40,960

he's speaking from the heart because

565

00:19:45,909 --> 00:19:42,960

there is there's plenty of what he says

566

00:19:47,590 --> 00:19:45,919

that is opportunistic and

567

00:19:49,830 --> 00:19:47,600

manipulative as well but there's a

568

00:19:51,990 --> 00:19:49,840

different kind of speech that trump has

569

00:19:55,110 --> 00:19:52,000

than someone like

570

00:19:56,390 --> 00:19:55,120

kamala harris camilla harris now

571

00:19:58,870 --> 00:19:56,400

i'm not getting political i don't care

572

00:20:00,470 --> 00:19:58,880

about the politics right now i'm merely

573

00:20:01,990 --> 00:20:00,480

i'm merely stating that

574

00:20:04,230 --> 00:20:02,000

the feeling that you got from

575

00:20:07,430 --> 00:20:04,240

interviewing that politician and then

576

00:20:09,110 --> 00:20:07,440

saying i don't want to be like that

577

00:20:11,110 --> 00:20:09,120

that isn't just in politicians now i

578

00:20:14,310 --> 00:20:11,120

managed to get the lady's name and i

579

00:20:16,230 --> 00:20:14,320

don't mean to put this lady on the spot

580

00:20:18,710 --> 00:20:16,240

but i also don't like when you know when

581

00:20:19,990 --> 00:20:18,720

sometimes people have stories that like

582

00:20:21,110 --> 00:20:20,000

they give a story about a person then

583

00:20:22,630 --> 00:20:21,120

you're like i wish i knew who they were

584

00:20:24,150 --> 00:20:22,640

talking about but they don't

585

00:20:25,669 --> 00:20:24,160

well i'm gonna say who i'm talking about

586

00:20:27,190 --> 00:20:25,679

there's this person named chris williams

587

00:20:29,029 --> 00:20:27,200

williamson now i like him actually

588

00:20:31,029 --> 00:20:29,039

personally he's a podcaster but he

589

00:20:33,110 --> 00:20:31,039

interviewed someone named paulina

590

00:20:34,390 --> 00:20:33,120

pompliano the reason i'm saying this is

591

00:20:36,230 --> 00:20:34,400

i would like some

592

00:20:39,350 --> 00:20:36,240

people who are watching this podcast to

593

00:20:41,669 --> 00:20:39,360

watch his podcast with her now i i see

594

00:20:43,750 --> 00:20:41,679

paulina pompliano she's not speaking

595

00:20:46,230 --> 00:20:43,760

about anything political as far as i can

596

00:20:48,870 --> 00:20:46,240

tell but she still has that same

597

00:20:50,230 --> 00:20:48,880

distancing feeling from

598

00:20:51,750 --> 00:20:50,240

from her speech

599

00:20:53,270 --> 00:20:51,760

in the sense that you don't you don't

600

00:20:54,549 --> 00:20:53,280

feel like she speaks like that when

601
00:20:56,149 --> 00:20:54,559
she's not on camera you don't feel like

602
00:20:58,470 --> 00:20:56,159
you're getting to talk to her you feel

603
00:21:00,549 --> 00:20:58,480
like she has her talking points and you

604
00:21:05,110 --> 00:21:00,559
can see it in the way that someone

605
00:21:07,510 --> 00:21:06,549
maybe because i've been doing podcasts

606
00:21:09,590 --> 00:21:07,520
all day

607
00:21:10,390 --> 00:21:09,600
i was talking in my previous podcast

608
00:21:13,750 --> 00:21:10,400
that

609
00:21:15,750 --> 00:21:13,760
the reason why i pause so often and i

610
00:21:17,990 --> 00:21:15,760
look down and i look up and i close my

611
00:21:19,990 --> 00:21:18,000
eyes and it's because i'm i'm i'm trying

612
00:21:22,789 --> 00:21:20,000
to think

613
00:21:24,710 --> 00:21:22,799

whatever

614

00:21:27,350 --> 00:21:24,720

you say often thoughts occur to me but

615

00:21:28,710 --> 00:21:27,360

they're often contradictory and so when

616

00:21:29,990 --> 00:21:28,720

you ask me a question not that you ask

617

00:21:31,270 --> 00:21:30,000

me a question right now but when you do

618

00:21:32,549 --> 00:21:31,280

ask me a question or when i have

619

00:21:33,990 --> 00:21:32,559

something to say i'm fighting with

620

00:21:35,510 --> 00:21:34,000

myself to make sure that what i'm saying

621

00:21:38,149 --> 00:21:35,520

is

622

00:21:40,630 --> 00:21:38,159

genuine that i'm not

623

00:21:42,630 --> 00:21:40,640

that i'm not putting on a

624

00:21:44,630 --> 00:21:42,640

that i'm not manufacturing my speech in

625

00:21:46,630 --> 00:21:44,640

order to give a certain appearance and

626

00:21:49,430 --> 00:21:46,640

that it is what i mean that it is what i

627

00:21:51,830 --> 00:21:49,440

think and that it's i try his best to be

628

00:21:53,350 --> 00:21:51,840

as loving as i can now that's like

629

00:21:55,430 --> 00:21:53,360

who can do that man that's actually

630

00:21:56,950 --> 00:21:55,440

extremely extremely difficult to be

631

00:21:59,110 --> 00:21:56,960

loving it's talking to someone they're

632

00:22:01,750 --> 00:21:59,120

like oh no loving is easy no loving is

633

00:22:03,830 --> 00:22:01,760

hard loving is extremely hard because to

634

00:22:06,470 --> 00:22:03,840

love if you truly loved you would be

635

00:22:09,110 --> 00:22:06,480

like jesus you'd be like buddha man

636

00:22:11,350 --> 00:22:09,120

so much of what we say comes from

637

00:22:13,110 --> 00:22:11,360

self-hate and hatred of others i also

638

00:22:15,029 --> 00:22:13,120

wonder how much of hatred of others is

639

00:22:16,470 --> 00:22:15,039

is purely self-hate that's something

640

00:22:18,310 --> 00:22:16,480

else i'm exploring we can explore that

641

00:22:19,590 --> 00:22:18,320

you probably thought about that quite a

642

00:22:21,350 --> 00:22:19,600

bit

643

00:22:24,950 --> 00:22:21,360

either way i'm mentioning that person's

644

00:22:26,710 --> 00:22:24,960

name paulina pompliano because i want

645

00:22:28,630 --> 00:22:26,720

people i'm requesting some help for

646

00:22:30,230 --> 00:22:28,640

people to look at chris williamson's

647

00:22:32,390 --> 00:22:30,240

interview with her and to help me

648

00:22:35,190 --> 00:22:32,400

articulate what is it about the way that

649

00:22:37,190 --> 00:22:35,200

she speaks that is inauthentic she could

650

00:22:40,710 --> 00:22:37,200

be completely authentic i could be wrong

651

00:22:42,230 --> 00:22:40,720

but i see the same

652

00:22:44,630 --> 00:22:42,240

characteristic in her that i see in

653

00:22:46,390 --> 00:22:44,640

politicians like kamala harris and even

654

00:22:48,710 --> 00:22:46,400

joe biden and even

655

00:22:51,270 --> 00:22:48,720

for sure hillary clinton and even

656

00:22:52,950 --> 00:22:51,280

not obama obama was genuine at least i

657

00:22:55,669 --> 00:22:52,960

think so he had much more of a genuine

658

00:22:57,350 --> 00:22:55,679

character whatever that's my little rant

659

00:22:58,470 --> 00:22:57,360

please i'm requesting some help whenever

660

00:22:59,909 --> 00:22:58,480

you get the chance people who are

661

00:23:02,950 --> 00:22:59,919

watching

662

00:23:06,070 --> 00:23:02,960

look at that okay now that i'm done my

663

00:23:08,470 --> 00:23:06,080

little spiel do you mind continuing

664

00:23:09,669 --> 00:23:08,480

about yours trajectory

665

00:23:11,190 --> 00:23:09,679

i'm interested in these things you're

666

00:23:12,630 --> 00:23:11,200

saying i don't know the

667

00:23:14,710 --> 00:23:12,640

the reference that you're making to this

668

00:23:16,630 --> 00:23:14,720

uh interview but

669

00:23:19,270 --> 00:23:16,640

it is true that there's a lot of

670

00:23:20,149 --> 00:23:19,280

performativity and trained performance

671

00:23:25,510 --> 00:23:20,159

and

672

00:23:26,789 --> 00:23:25,520

goes on in real time

673

00:23:29,830 --> 00:23:26,799

what interests me though is how you

674

00:23:30,950 --> 00:23:29,840

bring buddha and jesus into this and you

675

00:23:35,750 --> 00:23:30,960

know

676

00:23:37,669 --> 00:23:35,760

people right we often refer to them and

677

00:23:40,230 --> 00:23:37,679

somehow we know more about the current

678

00:23:41,909 --> 00:23:40,240

political figures than we do about those

679

00:23:46,230 --> 00:23:41,919

figures but we feel as if we know the

680

00:23:48,549 --> 00:23:46,240

image of a jesus or a buddha so well

681

00:23:51,510 --> 00:23:48,559

but i'm pretty sure that if we saw those

682

00:23:53,909 --> 00:23:51,520

people assuming jesus in particular even

683

00:23:56,390 --> 00:23:53,919

existed they'd have just as many

684

00:23:57,830 --> 00:23:56,400

ticks and people would look at them and

685

00:24:00,230 --> 00:23:57,840

say oh that's pretentious or that's

686

00:24:01,990 --> 00:24:00,240

rehearsed or that's whatever

687

00:24:03,830 --> 00:24:02,000

and maybe all the more so in the case of

688

00:24:06,310 --> 00:24:03,840

the buddha because there'd be i would

689

00:24:09,190 --> 00:24:06,320

assume a lot of well also jesus a lot of

690

00:24:11,190 --> 00:24:09,200

textual memorization and recitation of

691

00:24:13,830 --> 00:24:11,200

what they're doing so i mean that's just

692

00:24:15,750 --> 00:24:13,840

an interesting thing that comes up

693

00:24:19,830 --> 00:24:15,760

to clarify when i say jesus i actually

694

00:24:23,110 --> 00:24:19,840

mean more about the the archetypal gene

695

00:24:26,549 --> 00:24:23,120

jesus than the historical jesus

696

00:24:28,070 --> 00:24:26,559

so that is to say the perfect man

697

00:24:29,909 --> 00:24:28,080

i'm calling the perfect man in the

698

00:24:32,070 --> 00:24:29,919

christian sense jesus now whether or not

699

00:24:34,230 --> 00:24:32,080

jesus was the actual perfect man

700

00:24:36,149 --> 00:24:34,240

historically literally if one wants to

701
00:24:38,070 --> 00:24:36,159
take that route that's another issue so

702
00:24:39,750 --> 00:24:38,080
that's what i mean when i say jesus

703
00:24:41,669 --> 00:24:39,760
okay so you

704
00:24:43,669 --> 00:24:41,679
then went to get your phd in what

705
00:24:45,430 --> 00:24:43,679
subject

706
00:24:47,269 --> 00:24:45,440
well humanities

707
00:24:48,789 --> 00:24:47,279
so

708
00:24:51,269 --> 00:24:48,799
it was kind of a weird thing because the

709
00:24:53,590 --> 00:24:51,279
humanities program didn't exist before

710
00:24:57,190 --> 00:24:53,600
that i entered it and i was the first

711
00:24:59,029 --> 00:24:57,200
cohort to go through it and

712
00:25:01,029 --> 00:24:59,039
that was a very

713
00:25:03,750 --> 00:25:01,039

that was a big gamble i guess to take a

714

00:25:04,549 --> 00:25:03,760

phd in a topic that was that was brand

715

00:25:06,149 --> 00:25:04,559

new

716

00:25:06,950 --> 00:25:06,159

um

717

00:25:09,350 --> 00:25:06,960

but

718

00:25:10,870 --> 00:25:09,360

that's what i did and

719

00:25:12,710 --> 00:25:10,880

i was able to focus on history of

720

00:25:14,549 --> 00:25:12,720

religion history of

721

00:25:17,750 --> 00:25:14,559

technology and science

722

00:25:19,669 --> 00:25:17,760

and do some classics with uh

723

00:25:20,549 --> 00:25:19,679

the classical world and languages and

724

00:25:22,950 --> 00:25:20,559

whatnot

725

00:25:24,310 --> 00:25:22,960

it's a great good breath

726

00:25:26,710 --> 00:25:24,320

it's a good mix

727

00:25:29,190 --> 00:25:26,720

yeah yeah okay and then your work and

728

00:25:32,470 --> 00:25:29,200

memory started when and

729

00:25:35,190 --> 00:25:32,480

that led you to hear how

730

00:25:37,430 --> 00:25:35,200

yeah it's a good question what i mean

731

00:25:39,830 --> 00:25:37,440

i was very depressed in university and

732

00:25:40,870 --> 00:25:39,840

here's like the big sob story of the kid

733

00:25:43,269 --> 00:25:40,880

who

734

00:25:46,149 --> 00:25:43,279

is struggling and blah blah blah but i

735

00:25:48,950 --> 00:25:46,159

discovered memory while i was

736

00:25:51,350 --> 00:25:48,960

near the end of my

737

00:25:53,430 --> 00:25:51,360

coursework for the phd and starting to

738

00:25:54,549 --> 00:25:53,440

prepare for the field exams

739

00:25:55,830 --> 00:25:54,559

and

740

00:25:57,830 --> 00:25:55,840

think about what i was going to do with

741

00:26:00,310 --> 00:25:57,840

my my dissertation there's a long

742

00:26:02,870 --> 00:26:00,320

history of depression going to

743

00:26:05,669 --> 00:26:02,880

the hospital etc experimenting with

744

00:26:08,950 --> 00:26:05,679

different medications and so forth and

745

00:26:11,269 --> 00:26:08,960

uh camh

746

00:26:12,630 --> 00:26:11,279

camh yeah that's the

747

00:26:14,230 --> 00:26:12,640

that's the hospital in toronto for

748

00:26:15,350 --> 00:26:14,240

mental health

749

00:26:16,870 --> 00:26:15,360

oh

750

00:26:18,390 --> 00:26:16,880

did they change the name of the clark

751
00:26:19,750 --> 00:26:18,400
because that's where i used to go on oh

752
00:26:21,430 --> 00:26:19,760
no i don't know about clark okay so

753
00:26:22,549 --> 00:26:21,440
maybe it's used maybe it used to be

754
00:26:23,669 --> 00:26:22,559
called that

755
00:26:25,510 --> 00:26:23,679
yeah

756
00:26:26,470 --> 00:26:25,520
as in college in spadina

757
00:26:30,070 --> 00:26:26,480
yeah yeah

758
00:26:31,590 --> 00:26:30,080
i used to call it the rook because it

759
00:26:32,710 --> 00:26:31,600
kind of looks like a rook piece in a

760
00:26:37,029 --> 00:26:32,720
chess

761
00:26:38,710 --> 00:26:37,039
but that's an interesting story in and

762
00:26:40,310 --> 00:26:38,720
of itself because i i knew about the

763
00:26:41,510 --> 00:26:40,320

clark because i had read timothy

764

00:26:42,789 --> 00:26:41,520

findley's

765

00:26:44,149 --> 00:26:42,799

head hunter

766

00:26:45,750 --> 00:26:44,159

and uh

767

00:26:47,909 --> 00:26:45,760

when i first wound up there it was

768

00:26:51,590 --> 00:26:47,919

during my ba

769

00:26:54,390 --> 00:26:51,600

and i'd written some crazy poem and was

770

00:26:58,470 --> 00:26:54,400

pretty clearly in a manic episode

771

00:27:00,070 --> 00:26:58,480

and uh the ta of one of my courses said

772

00:27:02,230 --> 00:27:00,080

he i'd come out of a lecture and i was

773

00:27:03,909 --> 00:27:02,240

just crying from john keats it touched

774

00:27:05,029 --> 00:27:03,919

me so deeply

775

00:27:11,430 --> 00:27:05,039

and

776

00:27:12,549 --> 00:27:11,440

uh

777

00:27:14,630 --> 00:27:12,559

sort of a long story but he said you

778

00:27:16,789 --> 00:27:14,640

know if you really you what you're

779

00:27:19,350 --> 00:27:16,799

writing here is is good but it's filled

780

00:27:20,470 --> 00:27:19,360

with all kinds of strange images and you

781

00:27:23,029 --> 00:27:20,480

know you're talking to us you're trying

782

00:27:25,350 --> 00:27:23,039

to have this conversation i had set up a

783

00:27:26,870 --> 00:27:25,360

poetry reading some people were worried

784

00:27:28,390 --> 00:27:26,880

that i was going to you know do like a

785

00:27:31,029 --> 00:27:28,400

college shooting or something like this

786

00:27:32,310 --> 00:27:31,039

because i was so focused on this poetry

787

00:27:34,070 --> 00:27:32,320

i really just wanted to read the damn

788

00:27:35,830 --> 00:27:34,080

poem and then go to sleep because i was

789

00:27:38,230 --> 00:27:35,840

tired i'd been up for seven days writing

790

00:27:40,070 --> 00:27:38,240

this poem and the the ta sent me to the

791

00:27:42,149 --> 00:27:40,080

clark anyway and i knew exactly what it

792

00:27:44,549 --> 00:27:42,159

was because i'd read timothy uh finley's

793

00:27:46,149 --> 00:27:44,559

headhunter and uh

794

00:27:47,669 --> 00:27:46,159

took me a while to get there but anyway

795

00:27:50,230 --> 00:27:47,679

i didn't leave for three months after

796

00:27:51,830 --> 00:27:50,240

that after i showed up at the door

797

00:27:53,430 --> 00:27:51,840

at the clark institute

798

00:27:54,870 --> 00:27:53,440

okay when you say you hadn't left for

799

00:27:56,549 --> 00:27:54,880

three months do you mean to say that

800

00:27:57,750 --> 00:27:56,559

they sequestered you they put you in a

801
00:27:59,110 --> 00:27:57,760
room that you couldn't escape from

802
00:28:00,830 --> 00:27:59,120
because they thought you were a threat

803
00:28:04,710 --> 00:28:00,840
to yourself or someone

804
00:28:06,389 --> 00:28:04,720
else yeah worse than that i mean they

805
00:28:08,870 --> 00:28:06,399
i think it was the fifth floor and

806
00:28:11,510 --> 00:28:08,880
there's intensive care unit

807
00:28:14,470 --> 00:28:11,520
and so it's almost like a prison uh

808
00:28:17,590 --> 00:28:14,480
and so the floor is divided between sort

809
00:28:20,470 --> 00:28:17,600
of general open unit where there are

810
00:28:22,549 --> 00:28:20,480
rooms and people can freely move about

811
00:28:24,389 --> 00:28:22,559
and then the intensive care which is

812
00:28:26,549 --> 00:28:24,399
sort of has these cells that have

813
00:28:28,710 --> 00:28:26,559

sliding doors and you're in there you're

814

00:28:30,549 --> 00:28:28,720

locked into your own little room and you

815

00:28:33,029 --> 00:28:30,559

come out into the day room only certain

816

00:28:34,789 --> 00:28:33,039

during certain dirt hours and the

817

00:28:36,950 --> 00:28:34,799

nursing station is behind glass because

818

00:28:38,950 --> 00:28:36,960

there's people throwing stuff at it etc

819

00:28:41,750 --> 00:28:38,960

it was it was wild they gave you

820

00:28:43,750 --> 00:28:41,760

medication or just talk therapy

821

00:28:45,990 --> 00:28:43,760

well i didn't want medication i wasn't i

822

00:28:47,430 --> 00:28:46,000

wasn't i wasn't yet convinced that i was

823

00:28:49,190 --> 00:28:47,440

sick even though

824

00:28:51,750 --> 00:28:49,200

i sort of knew that i had to go to the

825

00:28:53,029 --> 00:28:51,760

hospital just because i wasn't sleeping

826

00:28:54,789 --> 00:28:53,039

i don't know

827

00:28:57,029 --> 00:28:54,799

how long that i

828

00:28:58,950 --> 00:28:57,039

waited before that i

829

00:29:01,029 --> 00:28:58,960

submitted to their demands that i to

830

00:29:03,350 --> 00:29:01,039

take the medication that they were

831

00:29:04,789 --> 00:29:03,360

suggesting but it was probably about

832

00:29:05,990 --> 00:29:04,799

three weeks or so

833

00:29:08,630 --> 00:29:06,000

and

834

00:29:10,710 --> 00:29:08,640

i remember having as long

835

00:29:12,630 --> 00:29:10,720

of conversations as i possibly could

836

00:29:15,750 --> 00:29:12,640

have with the doctors and i would tell

837

00:29:17,990 --> 00:29:15,760

them you know what i really need is some

838

00:29:19,190 --> 00:29:18,000

sort of

839

00:29:21,590 --> 00:29:19,200

marxist

840

00:29:23,909 --> 00:29:21,600

freudian psychoanalysis because it's

841

00:29:26,630 --> 00:29:23,919

obvious that you know the towers are

842

00:29:29,190 --> 00:29:26,640

beaming capitalism into my head and i

843

00:29:31,750 --> 00:29:29,200

was reading to lose so i was like citing

844

00:29:33,909 --> 00:29:31,760

capitalism in schizophrenia and all this

845

00:29:36,310 --> 00:29:33,919

stuff and i was convinced that the

846

00:29:38,549 --> 00:29:36,320

alphabet was built from numbers and if

847

00:29:41,190 --> 00:29:38,559

you could unwind the alphabet and see

848

00:29:42,470 --> 00:29:41,200

the numerical structure of the universe

849

00:29:44,710 --> 00:29:42,480

that you know

850

00:29:46,549 --> 00:29:44,720

whatever it was it was pretty strange

851
00:29:48,310 --> 00:29:46,559
stuff um

852
00:29:50,789 --> 00:29:48,320
and i knew enough about psychology i was

853
00:29:51,750 --> 00:29:50,799
taught i said maybe it's hebaphrenia and

854
00:29:53,350 --> 00:29:51,760
all this

855
00:29:55,269 --> 00:29:53,360
i don't even really know that i knew

856
00:29:57,750 --> 00:29:55,279
what hepophrenia was but i was talk i

857
00:29:58,549 --> 00:29:57,760
was telling them i was running the show

858
00:30:02,310 --> 00:29:58,559
and

859
00:30:05,750 --> 00:30:02,320
finally one day i guess something

860
00:30:07,669 --> 00:30:05,760
convinced me to take lithium and

861
00:30:09,590 --> 00:30:07,679
then i just you know was moved

862
00:30:13,110 --> 00:30:09,600
eventually over to the quote unquote

863
00:30:15,990 --> 00:30:13,120

general population then i started to get

864

00:30:19,990 --> 00:30:16,000

day passes and so forth and then

865

00:30:24,470 --> 00:30:22,549

how does lithium make you feel

866

00:30:27,190 --> 00:30:24,480

or how did it

867

00:30:28,710 --> 00:30:27,200

does it dead in your feelings

868

00:30:29,750 --> 00:30:28,720

yeah i spent uh

869

00:30:33,190 --> 00:30:29,760

maybe

870

00:30:35,669 --> 00:30:33,200

10 years on lithium and it

871

00:30:37,110 --> 00:30:35,679

is like for me it was like going into a

872

00:30:39,029 --> 00:30:37,120

no man's land

873

00:30:39,909 --> 00:30:39,039

uh just

874

00:30:41,909 --> 00:30:39,919

very

875

00:30:44,389 --> 00:30:41,919

monotonous i think i still

876

00:30:45,110 --> 00:30:44,399

am a bit of a monotonous person now that

877

00:30:55,750 --> 00:30:45,120

i

878

00:30:57,750 --> 00:30:55,760

on and

879

00:31:00,230 --> 00:30:57,760

it also adds a layer of fat or it added

880

00:31:01,990 --> 00:31:00,240

a layer of fat to me and

881

00:31:03,909 --> 00:31:02,000

in toronto it was especially and new

882

00:31:05,830 --> 00:31:03,919

york both places i lived while i took

883

00:31:08,310 --> 00:31:05,840

lithium it was quite dangerous in the

884

00:31:09,750 --> 00:31:08,320

summers because during the humidity

885

00:31:13,350 --> 00:31:09,760

you could get

886

00:31:15,110 --> 00:31:13,360

lithium toxic shock or toxicity quite

887

00:31:16,630 --> 00:31:15,120

quite easily so you're always playing

888

00:31:18,470 --> 00:31:16,640

this balancing game you have to have the

889

00:31:21,909 --> 00:31:18,480

lithium levels just right so that you're

890

00:31:23,029 --> 00:31:21,919

not uh getting into trouble uh

891

00:31:24,630 --> 00:31:23,039

and you just feel like you have to be

892

00:31:25,830 --> 00:31:24,640

babysat all the time because you have to

893

00:31:29,990 --> 00:31:25,840

have the levels checked you have to

894

00:31:32,389 --> 00:31:30,000

constantly get new prescriptions and

895

00:31:37,269 --> 00:31:32,399

it wasn't the solution uh but i didn't

896

00:31:41,110 --> 00:31:38,710

for people listening or watching or

897

00:31:43,269 --> 00:31:41,120

tuning in for the

898

00:31:46,389 --> 00:31:43,279

for the right now for the first time and

899

00:31:48,950 --> 00:31:46,399

not knowing who anthony is anthony is a

900

00:31:51,590 --> 00:31:48,960

wrongly called you a memory champion but

901
00:31:52,710 --> 00:31:51,600
you're somewhat of a memory expert

902
00:31:54,310 --> 00:31:52,720
you certainly know the different

903
00:31:56,070 --> 00:31:54,320
techniques and how to

904
00:31:58,950 --> 00:31:56,080
quickly memorize

905
00:32:01,590 --> 00:31:58,960
virtually any piece of

906
00:32:02,870 --> 00:32:01,600
of information that a regular memory

907
00:32:05,509 --> 00:32:02,880
champion would

908
00:32:07,830 --> 00:32:05,519
do as a almost parlor trick

909
00:32:09,269 --> 00:32:07,840
and you have a tedx talk now this one's

910
00:32:11,190 --> 00:32:09,279
interesting i watched it it was about

911
00:32:12,149 --> 00:32:11,200
how to silence your

912
00:32:16,789 --> 00:32:12,159
inner

913
00:32:18,789 --> 00:32:16,799

thoughts trouble you with two questions

914

00:32:21,029 --> 00:32:18,799

and that one is a tedx talk first of all

915

00:32:23,190 --> 00:32:21,039

that has a million views now

916

00:32:25,430 --> 00:32:23,200

tedx talks generally generally have a

917

00:32:27,590 --> 00:32:25,440

few thousand to ten thousands of views

918

00:32:29,350 --> 00:32:27,600

yours has a million and it was released

919

00:32:30,870 --> 00:32:29,360

just last year which means it doesn't

920

00:32:32,310 --> 00:32:30,880

even have

921

00:32:34,149 --> 00:32:32,320

the

922

00:32:35,750 --> 00:32:34,159

advantage of being

923

00:32:38,389 --> 00:32:35,760

on youtube for quite some time in order

924

00:32:40,310 --> 00:32:38,399

to amass such

925

00:32:43,269 --> 00:32:40,320

an amount of hits which means that the

926

00:32:45,669 --> 00:32:43,279

quality is likely very high

927

00:32:47,909 --> 00:32:45,679

so firstly congratulations on getting a

928

00:32:49,750 --> 00:32:47,919

million hits on tedx

929

00:32:51,750 --> 00:32:49,760

second people who are watching for the

930

00:32:53,669 --> 00:32:51,760

first time you can view that talk it'll

931

00:32:58,310 --> 00:32:53,679

be in the description

932

00:33:02,149 --> 00:32:59,990

why did you first reach out to me i

933

00:33:03,990 --> 00:33:02,159

remember that we had some email

934

00:33:06,470 --> 00:33:04,000

exchanges why don't you tell me what

935

00:33:08,310 --> 00:33:06,480

precipitated that

936

00:33:10,870 --> 00:33:08,320

well

937

00:33:13,830 --> 00:33:10,880

first of all you have a great channel so

938

00:33:16,870 --> 00:33:13,840

that was one reason um

939

00:33:18,230 --> 00:33:16,880

and i also had

940

00:33:20,870 --> 00:33:18,240

i have a

941

00:33:24,630 --> 00:33:20,880

a project that i work on which has to do

942

00:33:27,029 --> 00:33:24,640

with promoting memory training so

943

00:33:28,310 --> 00:33:27,039

i do know a lot about memory techniques

944

00:33:29,669 --> 00:33:28,320

and

945

00:33:31,830 --> 00:33:29,679

the

946

00:33:34,389 --> 00:33:31,840

competition history that i have is very

947

00:33:36,710 --> 00:33:34,399

sparse but i did compete for charity one

948

00:33:38,549 --> 00:33:36,720

time and i actually did quite good so it

949

00:33:40,870 --> 00:33:38,559

was it was a lot of fun i didn't i

950

00:33:42,710 --> 00:33:40,880

didn't win for my charity but

951
00:33:45,110 --> 00:33:42,720
i came in second so that that was that

952
00:33:47,269 --> 00:33:45,120
was nice and i tell that story in the uh

953
00:33:49,430 --> 00:33:47,279
in the tedx

954
00:33:51,990 --> 00:33:49,440
how that all came to be in very brief

955
00:33:54,149 --> 00:33:52,000
strokes but anyway the techniques are

956
00:33:56,310 --> 00:33:54,159
often used for

957
00:33:58,149 --> 00:33:56,320
the outcome of winning competitions and

958
00:34:01,029 --> 00:33:58,159
i find that speaking of our earlier

959
00:34:03,110 --> 00:34:01,039
themes of pretense i find that that

960
00:34:04,630 --> 00:34:03,120
is not pretentious but it has this kind

961
00:34:10,629 --> 00:34:04,640
of

962
00:34:12,950 --> 00:34:10,639
weightlifting essentially weightlifting

963
00:34:14,310 --> 00:34:12,960

for the mind and so there's a lot of

964

00:34:16,790 --> 00:34:14,320

people who are

965

00:34:19,030 --> 00:34:16,800

just there to show off and they're not

966

00:34:21,190 --> 00:34:19,040

really embracing the glory of memory

967

00:34:22,550 --> 00:34:21,200

techniques so

968

00:34:23,990 --> 00:34:22,560

what it what that glory is we can get

969

00:34:26,310 --> 00:34:24,000

into but it has to do with learning

970

00:34:27,510 --> 00:34:26,320

basically and for the long term rather

971

00:34:28,629 --> 00:34:27,520

than memorizing a bunch of stuff you're

972

00:34:29,669 --> 00:34:28,639

going to forget after you get your

973

00:34:31,190 --> 00:34:29,679

middle

974

00:34:32,389 --> 00:34:31,200

now in terms of reaching out to you you

975

00:34:34,869 --> 00:34:32,399

had

976
00:34:37,589 --> 00:34:34,879
his name is richard heyer is it um you

977
00:34:39,190 --> 00:34:37,599
had interviewed him and i was

978
00:34:41,829 --> 00:34:39,200
i've been thinking about iq for a long

979
00:34:42,869 --> 00:34:41,839
time and intelligence and so forth and i

980
00:34:44,869 --> 00:34:42,879
thought

981
00:34:46,550 --> 00:34:44,879
if there's a way that people can before

982
00:34:49,909 --> 00:34:46,560
i saw your interview

983
00:34:51,669 --> 00:34:49,919
if there's a way to improve uh

984
00:34:53,349 --> 00:34:51,679
intelligence let's say

985
00:34:55,589 --> 00:34:53,359
then what is the most likely way to do

986
00:34:56,389 --> 00:34:55,599
it and it would be

987
00:34:59,109 --> 00:34:56,399
to

988
00:35:01,349 --> 00:34:59,119

improve where intelligence sits what is

989

00:35:02,790 --> 00:35:01,359

it that intelligence sits in

990

00:35:06,630 --> 00:35:02,800

and so

991

00:35:07,750 --> 00:35:06,640

i just basically reached out to you to

992

00:35:09,190 --> 00:35:07,760

let you know that i'd linked to your

993

00:35:10,230 --> 00:35:09,200

interview with him

994

00:35:13,589 --> 00:35:10,240

and

995

00:35:15,270 --> 00:35:13,599

compelling discussion

996

00:35:17,990 --> 00:35:15,280

because he was talking about potential

997

00:35:19,990 --> 00:35:18,000

drugs that might come in in the future

998

00:35:23,510 --> 00:35:20,000

and

999

00:35:24,310 --> 00:35:23,520

go with my thesis which is if you're

1000

00:35:26,069 --> 00:35:24,320

going to

1001

00:35:27,190 --> 00:35:26,079

improve memory you've got to

1002

00:35:29,430 --> 00:35:27,200

improve intelligence you've got to

1003

00:35:30,870 --> 00:35:29,440

improve what intelligence sits in and so

1004

00:35:32,069 --> 00:35:30,880

if it's going to be drugs what are those

1005

00:35:33,589 --> 00:35:32,079

drugs improving well they're going to

1006

00:35:36,390 --> 00:35:33,599

improve the brain

1007

00:35:39,190 --> 00:35:36,400

and brain is where memory sits and then

1008

00:35:42,790 --> 00:35:39,200

intelligence i'm assuming sits or at

1009

00:35:44,710 --> 00:35:42,800

least is somehow in relationship with

1010

00:35:46,630 --> 00:35:44,720

memory as such but also very specific

1011

00:35:48,150 --> 00:35:46,640

levels of memory so

1012

00:35:50,150 --> 00:35:48,160

i just let you know that i was linking

1013

00:35:51,829 --> 00:35:50,160

to that and also

1014

00:35:53,510 --> 00:35:51,839

as a youtuber i'm always fascinated with

1015

00:35:55,990 --> 00:35:53,520

what other youtubers are thinking and

1016

00:35:59,430 --> 00:35:56,000

suggested you know jamming on the topic

1017

00:36:02,150 --> 00:35:59,440

of youtube itself as a as an initiative

1018

00:36:03,990 --> 00:36:02,160

did you find any methods to increase

1019

00:36:08,550 --> 00:36:04,000

one's iq

1020

00:36:13,270 --> 00:36:10,790

points about increasing iq per se but

1021

00:36:15,670 --> 00:36:13,280

intelligence and that's different and

1022

00:36:17,829 --> 00:36:15,680

for the people in the chat

1023

00:36:19,589 --> 00:36:17,839

or people who are listening watching

1024

00:36:20,950 --> 00:36:19,599

once this is on uh

1025

00:36:22,069 --> 00:36:20,960

replay

1026

00:37:15,349 --> 00:36:22,079

i

1027

00:37:18,230 --> 00:37:15,359

there are people who search the term how

1028

00:37:19,990 --> 00:37:18,240

to increase iq

1029

00:37:21,990 --> 00:37:20,000

i i've just been i had been thinking

1030

00:37:23,589 --> 00:37:22,000

about it independently for a long time

1031

00:37:26,069 --> 00:37:23,599

because people on my youtube channel ask

1032

00:37:28,230 --> 00:37:26,079

me all the time how can i increase my iq

1033

00:37:29,990 --> 00:37:28,240

but one day my seo came to me which is

1034

00:37:33,190 --> 00:37:30,000

for people who don't know internet stuff

1035

00:37:35,190 --> 00:37:33,200

is search engine optimization and or

1036

00:37:36,390 --> 00:37:35,200

he's a search engine optimization expert

1037

00:37:39,910 --> 00:37:36,400

he's on my team

1038

00:37:42,710 --> 00:37:39,920

and so i just call him my seo anyway

1039

00:37:45,270 --> 00:37:42,720

he says you should do this article on

1040

00:37:47,589 --> 00:37:45,280

on iq and i thought ah that's a bit

1041

00:37:50,390 --> 00:37:47,599

risky a little bit you know not as you

1042

00:37:53,030 --> 00:37:50,400

say not the most um

1043

00:37:55,510 --> 00:37:53,040

safe topic necessarily but people are

1044

00:37:56,870 --> 00:37:55,520

searching for it my mission is to reach

1045

00:37:58,790 --> 00:37:56,880

people who are searching for things

1046

00:38:00,950 --> 00:37:58,800

related to memory so what the hell i'll

1047

00:38:02,630 --> 00:38:00,960

write about this and i pretty quickly in

1048

00:38:05,030 --> 00:38:02,640

that article say let's change the

1049

00:38:08,069 --> 00:38:05,040

definition of iq and then i talk about

1050

00:38:09,109 --> 00:38:08,079

goal oriented stuff so the answer is you

1051
00:38:11,430 --> 00:38:09,119
know

1052
00:38:13,589 --> 00:38:11,440
no i don't necessarily have any ways to

1053
00:38:16,150 --> 00:38:13,599
increase iq but

1054
00:38:18,150 --> 00:38:16,160
by the same token i think it's worth the

1055
00:38:19,910 --> 00:38:18,160
hypothesis to say if we're going to

1056
00:38:22,470 --> 00:38:19,920
increase it what are the ways that we

1057
00:38:25,990 --> 00:38:22,480
could increase it and that article is

1058
00:38:27,670 --> 00:38:26,000
now still a first draft and i we tend to

1059
00:38:29,990 --> 00:38:27,680
update these things everything on the

1060
00:38:32,150 --> 00:38:30,000
internet is beta i mean video is a bit

1061
00:38:34,230 --> 00:38:32,160
hard to do after the fact but in terms

1062
00:38:36,310 --> 00:38:34,240
of articles and podcasts

1063
00:38:37,910 --> 00:38:36,320

you you're able to just see

1064

00:38:41,030 --> 00:38:37,920

can we actually get the people who are

1065

00:38:43,190 --> 00:38:41,040

searching for iq with this

1066

00:38:44,550 --> 00:38:43,200

i told my seo guy look i'm not going to

1067

00:38:46,150 --> 00:38:44,560

do it the way that you told me to

1068

00:38:47,829 --> 00:38:46,160

outline it i'm going to do it this way

1069

00:38:49,190 --> 00:38:47,839

and we'll see what happens i haven't

1070

00:38:51,349 --> 00:38:49,200

asked them whether it made it to page

1071

00:38:53,430 --> 00:38:51,359

one or not we're pretty good at it we

1072

00:38:55,270 --> 00:38:53,440

have a 80 20 rule like everybody else

1073

00:38:56,470 --> 00:38:55,280

and get in terms of getting to page one

1074

00:38:58,390 --> 00:38:56,480

but i'm

1075

00:38:59,670 --> 00:38:58,400

fairly good at it with certain keywords

1076

00:39:01,270 --> 00:38:59,680

he throws at me

1077

00:39:04,230 --> 00:39:01,280

i don't know what we did with that one

1078

00:39:05,670 --> 00:39:04,240

but i thought it was worth a try because

1079

00:39:07,990 --> 00:39:05,680

people are searching for it and what

1080

00:39:10,710 --> 00:39:08,000

they mean i think when they say when

1081

00:39:12,950 --> 00:39:10,720

they put into google how to increase iq

1082

00:39:15,109 --> 00:39:12,960

they mean how do i get smarter

1083

00:39:17,910 --> 00:39:15,119

right and so in terms of how do you get

1084

00:39:19,349 --> 00:39:17,920

smarter i think i have included not only

1085

00:39:20,950 --> 00:39:19,359

have i

1086

00:39:22,710 --> 00:39:20,960

got theories and techniques and

1087

00:39:24,390 --> 00:39:22,720

strategies for people to do that but i

1088

00:39:26,550 --> 00:39:24,400

think i've got a proven track record of

1089

00:39:29,430 --> 00:39:26,560

it i mean we've got lots of people who

1090

00:39:31,190 --> 00:39:29,440

have passed exams that they didn't dream

1091

00:39:32,950 --> 00:39:31,200

of passing before they started to train

1092

00:39:34,470 --> 00:39:32,960

their memory

1093

00:39:36,150 --> 00:39:34,480

and made advancements in learning

1094

00:39:38,069 --> 00:39:36,160

languages etc

1095

00:39:40,550 --> 00:39:38,079

i'd call that intelligence because if

1096

00:39:43,430 --> 00:39:40,560

you can figure out how to

1097

00:39:44,950 --> 00:39:43,440

set a goal how to do what it takes to

1098

00:39:46,710 --> 00:39:44,960

accomplish that goal

1099

00:39:50,950 --> 00:39:46,720

and then properly reward yourself once

1100

00:39:52,630 --> 00:39:50,960

it's done with full modesty then

1101
00:39:54,550 --> 00:39:52,640
what else what else would that be other

1102
00:39:56,630 --> 00:39:54,560
than having increased your intelligence

1103
00:39:59,270 --> 00:39:56,640
i fully acknowledge that it's not

1104
00:40:01,990 --> 00:39:59,280
exactly directly addressing that article

1105
00:40:04,390 --> 00:40:02,000
uh directly addressing iq as the

1106
00:40:06,710 --> 00:40:04,400
measured thing on those sorts of tests

1107
00:40:09,349 --> 00:40:06,720
that has to do with spatial

1108
00:40:11,910 --> 00:40:09,359
intelligence or spatial

1109
00:40:13,990 --> 00:40:11,920
calculation ability and being able to

1110
00:40:15,430 --> 00:40:14,000
match certain dimensional things and

1111
00:40:17,750 --> 00:40:15,440
then there's verbal

1112
00:40:19,190 --> 00:40:17,760
all that sort of stuff but

1113
00:40:21,270 --> 00:40:19,200

i think that we could we could work on

1114

00:40:23,430 --> 00:40:21,280

it and i think that memory would be one

1115

00:40:25,750 --> 00:40:23,440

of the places that we'd need to focus on

1116

00:40:28,550 --> 00:40:25,760

and raw memory training

1117

00:40:31,349 --> 00:40:28,560

i mean it's only it's only 120 years or

1118

00:40:33,030 --> 00:40:31,359

something since ebbinghaus started his

1119

00:40:35,990 --> 00:40:33,040

very um

1120

00:40:38,630 --> 00:40:36,000

n equals one kind of memory experiments

1121

00:40:39,510 --> 00:40:38,640

in terms which is i don't know about

1122

00:40:41,349 --> 00:40:39,520

that

1123

00:40:43,510 --> 00:40:41,359

what is this person's name eddinghouse

1124

00:40:46,390 --> 00:40:43,520

ebbing house ebbinghaus hermann

1125

00:40:49,030 --> 00:40:46,400

ebbinghaus and he wrote it's in german

1126
00:40:51,109 --> 00:40:49,040
uber desk deschnes which is basically

1127
00:40:53,109 --> 00:40:51,119
about memory um

1128
00:40:54,710 --> 00:40:53,119
and what he had done is he came up with

1129
00:40:56,790 --> 00:40:54,720
the principles of like the forgetting

1130
00:40:59,190 --> 00:40:56,800
curve and he had memorized a bunch of

1131
00:41:02,150 --> 00:40:59,200
stuff and he would just test how long it

1132
00:41:04,470 --> 00:41:02,160
was before he forgot it and that led to

1133
00:41:07,270 --> 00:41:04,480
concepts like primacy effect and recency

1134
00:41:09,190 --> 00:41:07,280
effect serial positioning effect

1135
00:41:10,470 --> 00:41:09,200
all of which

1136
00:41:11,910 --> 00:41:10,480
i mean if we're going to just talk about

1137
00:41:13,190 --> 00:41:11,920
intelligence in sort of straight

1138
00:41:14,950 --> 00:41:13,200

language

1139

00:41:16,630 --> 00:41:14,960

what else would you call intelligence

1140

00:41:18,150 --> 00:41:16,640

other than your ability to remember what

1141

00:41:21,109 --> 00:41:18,160

you learned

1142

00:41:24,150 --> 00:41:21,119

see it in context in real time be able

1143

00:41:25,990 --> 00:41:24,160

to juggle what people are saying

1144

00:41:28,630 --> 00:41:26,000

interact with them or whatever a test is

1145

00:41:30,630 --> 00:41:28,640

saying and so forth and um

1146

00:41:32,230 --> 00:41:30,640

not be destroyed by a forgetting curve

1147

00:41:34,150 --> 00:41:32,240

which is what a lot of people struggle

1148

00:41:35,670 --> 00:41:34,160

with within three seconds they'll forget

1149

00:41:37,430 --> 00:41:35,680

your name within

1150

00:41:40,309 --> 00:41:37,440

you know

1151
00:41:43,510 --> 00:41:40,319
five days they'll forget what they read

1152
00:41:46,309 --> 00:41:43,520
etc and they're struggling with that so

1153
00:41:49,510 --> 00:41:46,319
ebbinghaus was huge and it's we're

1154
00:41:52,550 --> 00:41:49,520
really just at the beginning of memory

1155
00:41:54,870 --> 00:41:52,560
as a as a science as a study and it has

1156
00:41:57,190 --> 00:41:54,880
historical philosophical

1157
00:41:58,309 --> 00:41:57,200
biological chemical

1158
00:42:00,870 --> 00:41:58,319
neuro

1159
00:42:03,589 --> 00:42:00,880
chemical dimensions to it that's just

1160
00:42:06,390 --> 00:42:03,599
waiting to be explored

1161
00:42:08,710 --> 00:42:06,400
so what do you what do you say about the

1162
00:42:11,430 --> 00:42:08,720
adaptive quality of forgetting so for

1163
00:42:14,630 --> 00:42:11,440

example some people who

1164

00:42:16,550 --> 00:42:14,640

have unbelievable memories for

1165

00:42:18,390 --> 00:42:16,560

events in their lives like episodic

1166

00:42:21,190 --> 00:42:18,400

memory they

1167

00:42:21,910 --> 00:42:21,200

are often leading horrible lives you can

1168

00:42:26,309 --> 00:42:21,920

see

1169

00:42:28,069 --> 00:42:26,319

on this where they remember exactly what

1170

00:42:30,550 --> 00:42:28,079

they're eating 10 years ago on a certain

1171

00:42:32,069 --> 00:42:30,560

day and the weather and so on and

1172

00:42:37,030 --> 00:42:32,079

they

1173

00:42:39,190 --> 00:42:37,040

penchant from memory as being a curse in

1174

00:42:41,990 --> 00:42:39,200

a sense because they remember all their

1175

00:42:43,430 --> 00:42:42,000

mistakes and this one lady said

1176

00:42:44,790 --> 00:42:43,440

you know how you ruminate at night so

1177

00:42:46,630 --> 00:42:44,800

she was speaking to the camera how you

1178

00:42:49,430 --> 00:42:46,640

say i wish i could have said this then

1179

00:42:52,470 --> 00:42:49,440

and so on so imagine doing that for

1180

00:42:54,230 --> 00:42:52,480

every conversation for the past 20 years

1181

00:42:56,470 --> 00:42:54,240

then i was watching

1182

00:42:57,510 --> 00:42:56,480

i don't know you probably would know

1183

00:42:59,510 --> 00:42:57,520

much

1184

00:43:01,349 --> 00:42:59,520

you're probably correct now as for

1185

00:43:02,950 --> 00:43:01,359

there's this person who apparently has

1186

00:43:04,069 --> 00:43:02,960

the highest iq in america now that's

1187

00:43:06,950 --> 00:43:04,079

like

1188

00:43:09,430 --> 00:43:06,960

who knows because iq at the extremely

1189

00:43:11,349 --> 00:43:09,440

high range you can't actually test it in

1190

00:43:13,270 --> 00:43:11,359

the way that people think you can

1191

00:43:15,910 --> 00:43:13,280

whatever his name is chris langan you

1192

00:43:17,670 --> 00:43:15,920

know i'm sure chris langan said that

1193

00:43:20,150 --> 00:43:17,680

he doesn't have a great memory

1194

00:43:22,150 --> 00:43:20,160

and that what he thinks intelligence is

1195

00:43:24,550 --> 00:43:22,160

is the

1196

00:43:26,550 --> 00:43:24,560

proper selection of what you remember so

1197

00:43:28,790 --> 00:43:26,560

if you can remember a whole book

1198

00:43:30,309 --> 00:43:28,800

so what it matters like you mentioned

1199

00:43:32,069 --> 00:43:30,319

for your goals so what do you say to

1200

00:43:33,510 --> 00:43:32,079

that about

1201
00:43:35,829 --> 00:43:33,520
memories

1202
00:43:37,829 --> 00:43:35,839
memory is great but at the same time

1203
00:43:39,990 --> 00:43:37,839
your brain one's brain is set up to

1204
00:43:42,950 --> 00:43:40,000
forget for specific reason so that means

1205
00:43:45,430 --> 00:43:42,960
your memory has to be matched with

1206
00:43:46,950 --> 00:43:45,440
with adaptive forgetting so it has to be

1207
00:43:48,550 --> 00:43:46,960
adaptive memory and adapter forgetting

1208
00:43:49,750 --> 00:43:48,560
so how do you balance that like what do

1209
00:43:53,349 --> 00:43:49,760
you say to

1210
00:43:55,190 --> 00:43:53,359
someone who has an obscene memory

1211
00:43:57,670 --> 00:43:55,200
right well superior autobiographical

1212
00:43:58,710 --> 00:43:57,680
memory is a very interesting topic and

1213
00:44:03,030 --> 00:43:58,720

the

1214

00:44:04,069 --> 00:44:03,040

what it is and how it works aren't out

1215

00:44:06,710 --> 00:44:04,079

but

1216

00:44:08,950 --> 00:44:06,720

there are a couple of cases where

1217

00:44:10,710 --> 00:44:08,960

skeptics of superior autobiographical

1218

00:44:12,630 --> 00:44:10,720

memory have done some research and they

1219

00:44:14,710 --> 00:44:12,640

have seen that there's a commonality

1220

00:44:16,390 --> 00:44:14,720

among some of these cases because if it

1221

00:44:19,750 --> 00:44:16,400

isn't a sort of savantism that's

1222

00:44:22,390 --> 00:44:19,760

involved there is an ocd level of

1223

00:44:23,349 --> 00:44:22,400

self-rumination and often journaling so

1224

00:44:25,270 --> 00:44:23,359

i don't know if you're if you're

1225

00:44:28,069 --> 00:44:25,280

referring to jill price but jill price

1226

00:44:29,349 --> 00:44:28,079

it was a highly publicized figure

1227

00:44:31,270 --> 00:44:29,359

the book is called the woman who can't

1228

00:44:33,670 --> 00:44:31,280

forget which i think was ghost written

1229

00:44:35,430 --> 00:44:33,680

for her or you know with her um but in

1230

00:44:37,349 --> 00:44:35,440

any case it's an interesting book to

1231

00:44:39,510 --> 00:44:37,359

read but what the book doesn't talk

1232

00:44:40,790 --> 00:44:39,520

about but that was discovered by some

1233

00:44:42,630 --> 00:44:40,800

people who are a little skeptical of

1234

00:44:43,829 --> 00:44:42,640

this is that she's an obsessive

1235

00:44:44,630 --> 00:44:43,839

journaler

1236

00:44:46,230 --> 00:44:44,640

right

1237

00:44:48,550 --> 00:44:46,240

and um

1238

00:44:50,710 --> 00:44:48,560

often rehearsing again and again and

1239

00:44:52,230 --> 00:44:50,720

again what was journaled the day before

1240

00:44:54,630 --> 00:44:52,240

now i don't think that the obsessive

1241

00:44:55,750 --> 00:44:54,640

journaling accounts for all of this but

1242

00:44:57,829 --> 00:44:55,760

i think it

1243

00:45:00,069 --> 00:44:57,839

it's a clue to something that's going on

1244

00:45:02,630 --> 00:45:00,079

in some people and it's interesting that

1245

00:45:04,950 --> 00:45:02,640

it's autobiographical memory

1246

00:45:07,190 --> 00:45:04,960

it's not clear that it's the uh episodic

1247

00:45:10,470 --> 00:45:07,200

that is as strong um

1248

00:45:12,790 --> 00:45:10,480

although obviously they blur um

1249

00:45:14,230 --> 00:45:12,800

in any case i don't know but i don't

1250

00:45:16,870 --> 00:45:14,240

know that it's clear that they have

1251
00:45:18,950 --> 00:45:16,880
somehow lost adaptive forgetting in ways

1252
00:45:21,349 --> 00:45:18,960
that others haven't i think it's

1253
00:45:22,750 --> 00:45:21,359
maybe a little bit more clear that

1254
00:45:25,510 --> 00:45:22,760
there's a commonal

1255
00:45:27,990 --> 00:45:25,520
commonality in terms of rumination that

1256
00:45:30,069 --> 00:45:28,000
is leading to exactly the things that

1257
00:45:32,790 --> 00:45:30,079
memory competitors do or people who use

1258
00:45:35,990 --> 00:45:32,800
memory techniques do which is a kind of

1259
00:45:37,510 --> 00:45:36,000
forced ocd where you're rigging serial

1260
00:45:39,109 --> 00:45:37,520
positioning effect to give everything

1261
00:45:41,750 --> 00:45:39,119
primacy and recency so that you can

1262
00:45:43,430 --> 00:45:41,760
remember it longer using what's called

1263
00:45:45,750 --> 00:45:43,440

fondrestorf effect which is you

1264

00:45:47,750 --> 00:45:45,760

exaggerate it and so you can look at

1265

00:45:48,470 --> 00:45:47,760

cases like jill price and you know with

1266

00:45:50,150 --> 00:45:48,480

all

1267

00:45:51,670 --> 00:45:50,160

do humility that i don't know or never

1268

00:45:53,349 --> 00:45:51,680

talk to her and overly seen interviews

1269

00:45:55,750 --> 00:45:53,359

with her but it seems like she's

1270

00:45:58,230 --> 00:45:55,760

exaggerating a lot of the events in her

1271

00:45:59,670 --> 00:45:58,240

life which would lead to them

1272

00:46:02,790 --> 00:45:59,680

not only being more memorable but

1273

00:46:04,550 --> 00:46:02,800

causing more more suffering um and we

1274

00:46:06,069 --> 00:46:04,560

i've done that to myself you know and i

1275

00:46:08,069 --> 00:46:06,079

think we've all had that experience that

1276

00:46:10,230 --> 00:46:08,079

sting of something you said and you

1277

00:46:11,030 --> 00:46:10,240

can't just you just can't let it go

1278

00:46:12,790 --> 00:46:11,040

well

1279

00:46:14,550 --> 00:46:12,800

what is it that you can't let it go is

1280

00:46:16,950 --> 00:46:14,560

it because you constantly rehearse it

1281

00:46:18,870 --> 00:46:16,960

and compound its value

1282

00:46:21,270 --> 00:46:18,880

so that it shocks you more and more and

1283

00:46:23,190 --> 00:46:21,280

becomes more and more painful or

1284

00:46:24,309 --> 00:46:23,200

is it i don't know it's not necessarily

1285

00:46:25,190 --> 00:46:24,319

clear

1286

00:46:26,470 --> 00:46:25,200

but

1287

00:46:28,470 --> 00:46:26,480

to answer your question directly

1288

00:46:29,670 --> 00:46:28,480

forgetting is normal it's sort of

1289

00:46:32,550 --> 00:46:29,680

healthy

1290

00:46:34,550 --> 00:46:32,560

but it's also not necessarily the case

1291

00:46:37,750 --> 00:46:34,560

that you have to forget anything you

1292

00:46:41,270 --> 00:46:39,270

but there will be a forgetting curve at

1293

00:46:42,870 --> 00:46:41,280

least that's what we see in the science

1294

00:46:44,790 --> 00:46:42,880

and i think we see it in in our

1295

00:46:47,349 --> 00:46:44,800

practical lives if you don't use it you

1296

00:46:49,190 --> 00:46:47,359

will lose it and

1297

00:46:51,510 --> 00:46:49,200

even english the years i lived in

1298

00:46:53,750 --> 00:46:51,520

germany i started to experience what's

1299

00:46:55,670 --> 00:46:53,760

called linguistic de-skilling my english

1300

00:46:58,790 --> 00:46:55,680

skills went down and i noticed them

1301
00:47:01,270 --> 00:46:58,800
going back up after i moved to australia

1302
00:47:03,030 --> 00:47:01,280
it was just just the strangest thing but

1303
00:47:05,030 --> 00:47:03,040
that's interesting you know i i wouldn't

1304
00:47:06,710 --> 00:47:05,040
say that my english is is profoundly

1305
00:47:08,870 --> 00:47:06,720
good in any

1306
00:47:10,630 --> 00:47:08,880
respect at all but

1307
00:47:12,630 --> 00:47:10,640
it had gone down noticeably and i

1308
00:47:13,990 --> 00:47:12,640
noticed it after living in an

1309
00:47:15,910 --> 00:47:14,000
english-speaking country again that it

1310
00:47:17,750 --> 00:47:15,920
went back up

1311
00:47:19,510 --> 00:47:17,760
there was this one exercise you had

1312
00:47:21,349 --> 00:47:19,520
recently on your channel

1313
00:47:23,270 --> 00:47:21,359

maybe you've referenced it before but i

1314

00:47:25,109 --> 00:47:23,280

saw it in one of your most recent videos

1315

00:47:26,390 --> 00:47:25,119

about the alphabet and visualizing it on

1316

00:47:29,589 --> 00:47:26,400

a grid

1317

00:47:32,390 --> 00:47:29,599

yeah are you able to see all 26 letters

1318

00:47:33,349 --> 00:47:32,400

at once in your mind's eye

1319

00:47:35,829 --> 00:47:33,359

no

1320

00:47:37,750 --> 00:47:35,839

but that's a good question

1321

00:47:40,550 --> 00:47:37,760

so when we think about

1322

00:47:42,630 --> 00:47:40,560

can you see 26 letters at once

1323

00:47:45,430 --> 00:47:42,640

what do we mean by seeing 26 letters at

1324

00:47:47,349 --> 00:47:45,440

once right so if i

1325

00:47:49,190 --> 00:47:47,359

if i think you mean what i think you

1326
00:47:51,750 --> 00:47:49,200
mean then the answer is no but at the

1327
00:47:53,349 --> 00:47:51,760
same time there is an image of the

1328
00:47:54,870 --> 00:47:53,359
alphabet

1329
00:47:56,630 --> 00:47:54,880
and i can see that

1330
00:47:58,630 --> 00:47:56,640
yeah see mike is doing it i don't think

1331
00:48:00,550 --> 00:47:58,640
i even did the entire exercise but what

1332
00:48:02,550 --> 00:48:00,560
i gathered from it

1333
00:48:04,550 --> 00:48:02,560
i can imagine that i could

1334
00:48:06,309 --> 00:48:04,560
vaguely see the entire alphabet and that

1335
00:48:08,069 --> 00:48:06,319
i can trick myself into thinking i'm

1336
00:48:09,510 --> 00:48:08,079
seeing the alphabet because my eyes just

1337
00:48:11,349 --> 00:48:09,520
like my eyes right now are secating

1338
00:48:12,950 --> 00:48:11,359

around and i get an image of the whole

1339

00:48:14,470 --> 00:48:12,960

but i'm actually only seeing a part at

1340

00:48:16,630 --> 00:48:14,480

any point

1341

00:48:18,790 --> 00:48:16,640

i imagine that let's say i'm looking at

1342

00:48:20,550 --> 00:48:18,800

well what's around g then i go around g

1343

00:48:22,150 --> 00:48:20,560

and i see the plus or minus around g

1344

00:48:24,390 --> 00:48:22,160

maybe plus or minus two plus or minus

1345

00:48:25,829 --> 00:48:24,400

three around g when i say plus or minus

1346

00:48:27,750 --> 00:48:25,839

i mean the letters and then i secade

1347

00:48:30,069 --> 00:48:27,760

down to z and then i subcode up to

1348

00:48:32,870 --> 00:48:30,079

q and so on and i think that i'm seeing

1349

00:48:35,270 --> 00:48:32,880

all 26 letters but i'm not

1350

00:48:37,270 --> 00:48:35,280

so you're saying that

1351

00:48:39,829 --> 00:48:37,280

the point of the exercise isn't to

1352

00:48:41,030 --> 00:48:39,839

visualize all 26 at once nor is it

1353

00:48:42,870 --> 00:48:41,040

well that's not the point of the

1354

00:48:46,069 --> 00:48:42,880

exercise

1355

00:48:47,589 --> 00:48:46,079

people

1356

00:48:48,870 --> 00:48:47,599

begin to understand what the memory

1357

00:48:50,630 --> 00:48:48,880

tradition is

1358

00:48:54,309 --> 00:48:50,640

and

1359

00:48:55,589 --> 00:48:54,319

what used to be called the gamatria is

1360

00:48:58,390 --> 00:48:55,599

useful i mean it's still called the

1361

00:48:59,829 --> 00:48:58,400

camitria but um

1362

00:49:01,349 --> 00:48:59,839

a lot of memory techniques involve

1363

00:49:03,109 --> 00:49:01,359

understanding that language is built

1364

00:49:05,349 --> 00:49:03,119

from alphabet and alphabet builds

1365

00:49:06,710 --> 00:49:05,359

language and

1366

00:49:08,870 --> 00:49:06,720

what we're doing when we use memory

1367

00:49:11,030 --> 00:49:08,880

techniques is we're

1368

00:49:13,030 --> 00:49:11,040

perceiving a sort of fundamental oneness

1369

00:49:15,349 --> 00:49:13,040

or sameness in information that is

1370

00:49:17,750 --> 00:49:15,359

differentiated by symbols

1371

00:49:19,829 --> 00:49:17,760

and uh there's multiple levels of mental

1372

00:49:21,430 --> 00:49:19,839

imagery so when i just said i can see

1373

00:49:22,870 --> 00:49:21,440

the alphabet as a singular thing i

1374

00:49:24,870 --> 00:49:22,880

actually don't even mean that i can see

1375

00:49:27,750 --> 00:49:24,880

it because seeing is the thing that eyes

1376
00:49:29,030 --> 00:49:27,760
do right

1377
00:49:31,430 --> 00:49:29,040
but

1378
00:49:33,910 --> 00:49:31,440
the notion that eyes

1379
00:49:37,109 --> 00:49:33,920
is an image that appears in my mind

1380
00:49:39,589 --> 00:49:37,119
right so even the idea that eyes are a

1381
00:49:41,670 --> 00:49:39,599
thing that sees is a mental image that

1382
00:49:42,549 --> 00:49:41,680
has multiple properties

1383
00:49:44,950 --> 00:49:42,559
right

1384
00:49:47,270 --> 00:49:44,960
that is appearing as an image inside of

1385
00:49:49,349 --> 00:49:47,280
my own image of my own consciousness i i

1386
00:49:50,870 --> 00:49:49,359
don't understand what i could do i don't

1387
00:49:52,790 --> 00:49:50,880
even know if i understand it either

1388
00:49:54,390 --> 00:49:52,800

because it's a kind of infinite regress

1389

00:49:56,230 --> 00:49:54,400

right and earlier you mentioned

1390

00:49:58,230 --> 00:49:56,240

something about a oneness it with regard

1391

00:50:00,549 --> 00:49:58,240

to memory what are you referring to

1392

00:50:05,750 --> 00:50:03,990

well yesterday i met with my uh monthly

1393

00:50:07,990 --> 00:50:05,760

coaching group where we talk about

1394

00:50:10,710 --> 00:50:08,000

memory stuff and i gave them an exercise

1395

00:50:12,549 --> 00:50:10,720

which is or a game we played which is

1396

00:50:14,470 --> 00:50:12,559

i set a sentence which was a white cat

1397

00:50:16,069 --> 00:50:14,480

ate a frog and then the next student

1398

00:50:17,430 --> 00:50:16,079

said a sentence and then the next

1399

00:50:19,589 --> 00:50:17,440

student said a sentence and we all have

1400

00:50:22,069 --> 00:50:19,599

to repeat the sentence that the previous

1401

00:50:23,910 --> 00:50:22,079

person said that's great and i'm

1402

00:50:25,510 --> 00:50:23,920

introducing intuit numbers i'm

1403

00:50:27,190 --> 00:50:25,520

introducing intuit adjectives and

1404

00:50:28,870 --> 00:50:27,200

introducing into it and they are

1405

00:50:30,069 --> 00:50:28,880

naturally also

1406

00:50:31,430 --> 00:50:30,079

and when we got to the end like

1407

00:50:34,790 --> 00:50:31,440

everybody fails quite quickly because

1408

00:50:36,950 --> 00:50:34,800

it's quite hard right but um

1409

00:50:39,109 --> 00:50:36,960

you know and somebody had mentioned uh

1410

00:50:40,710 --> 00:50:39,119

peyton manning who i guess is a football

1411

00:50:43,589 --> 00:50:40,720

player i'd never heard of this person

1412

00:50:45,030 --> 00:50:43,599

before but uh i used preston manning who

1413

00:50:46,390 --> 00:50:45,040

i think was the leader of the reform

1414

00:50:48,870 --> 00:50:46,400

party at some point in canadian

1415

00:50:51,109 --> 00:50:48,880

political history as my image for that

1416

00:50:53,270 --> 00:50:51,119

now when i what i described to them

1417

00:50:55,030 --> 00:50:53,280

after is one of the reasons why i played

1418

00:50:56,950 --> 00:50:55,040

the game better than they did is because

1419

00:50:58,069 --> 00:50:56,960

i don't see the information different

1420

00:51:00,069 --> 00:50:58,079

than they do

1421

00:51:01,990 --> 00:51:00,079

they they think oh my goodness now i

1422

00:51:04,230 --> 00:51:02,000

have to account for a verb what image am

1423

00:51:06,230 --> 00:51:04,240

i going to use for a verb oh peyton

1424

00:51:08,230 --> 00:51:06,240

manning is number one is what one person

1425

00:51:10,069 --> 00:51:08,240

one student said now i have to think

1426
00:51:11,589 --> 00:51:10,079
number one which is somehow different

1427
00:51:15,190 --> 00:51:11,599
than the name

1428
00:51:17,349 --> 00:51:15,200
uh peyton manning right and i just

1429
00:51:18,870 --> 00:51:17,359
i don't see it that way because i've

1430
00:51:20,630 --> 00:51:18,880
created this

1431
00:51:22,950 --> 00:51:20,640
set of tools that allows me to just make

1432
00:51:25,510 --> 00:51:22,960
it information as such

1433
00:51:27,190 --> 00:51:25,520
and there's a experience of oneness with

1434
00:51:28,870 --> 00:51:27,200
the information

1435
00:51:30,950 --> 00:51:28,880
because you're that fast in terms of

1436
00:51:31,670 --> 00:51:30,960
elaborative encoding it's called

1437
00:51:33,670 --> 00:51:31,680
so

1438
00:51:35,750 --> 00:51:33,680

when you look at the kids who i mean

1439

00:51:36,710 --> 00:51:35,760

it's not even just kids but i just call

1440

00:51:37,829 --> 00:51:36,720

them kids because they're getting

1441

00:51:39,030 --> 00:51:37,839

younger and younger in the memory

1442

00:51:40,230 --> 00:51:39,040

competitions

1443

00:51:41,910 --> 00:51:40,240

um

1444

00:51:45,430 --> 00:51:41,920

they're memorizing decks of cards in

1445

00:51:48,829 --> 00:51:45,440

like 17 seconds 12 seconds 52

1446

00:51:51,750 --> 00:51:48,839

individual cards in order with 100

1447

00:51:53,430 --> 00:51:51,760

accuracy there's a oneness that's going

1448

00:51:56,150 --> 00:51:53,440

on between

1449

00:51:58,390 --> 00:51:56,160

multiple layers of information order

1450

00:52:00,309 --> 00:51:58,400

suit number perhaps they're even

1451
00:52:02,309 --> 00:52:00,319
referring to color in how that they

1452
00:52:04,470 --> 00:52:02,319
process suits

1453
00:52:06,309 --> 00:52:04,480
and there's

1454
00:52:08,790 --> 00:52:06,319
the this is happening because the mind

1455
00:52:09,910 --> 00:52:08,800
has been trained to disregard distortion

1456
00:52:11,190 --> 00:52:09,920
and just

1457
00:52:12,630 --> 00:52:11,200
connect

1458
00:52:14,390 --> 00:52:12,640
in the moment

1459
00:52:16,470 --> 00:52:14,400
but multi-layer multi-layers of

1460
00:52:18,630 --> 00:52:16,480
information all the same the mind has

1461
00:52:20,950 --> 00:52:18,640
been trained or their mind because they

1462
00:52:21,990 --> 00:52:20,960
were memory champions or working toward

1463
00:52:23,750 --> 00:52:22,000

being that

1464

00:52:25,430 --> 00:52:23,760

their mind has been trained or the my

1465

00:52:26,710 --> 00:52:25,440

all of our minds are trained like that

1466

00:52:29,190 --> 00:52:26,720

well i don't know

1467

00:52:31,349 --> 00:52:29,200

if we want to get into non-duality and

1468

00:52:33,910 --> 00:52:31,359

uh the potential that it's just one mind

1469

00:52:35,750 --> 00:52:33,920

doing it but let's just say for practice

1470

00:52:36,950 --> 00:52:35,760

for practical purposes somebody sat

1471

00:52:39,270 --> 00:52:36,960

there and

1472

00:52:41,430 --> 00:52:39,280

like an individual unit

1473

00:52:43,990 --> 00:52:41,440

of consciousness sat there and trained

1474

00:52:46,549 --> 00:52:44,000

the meat factory that is you know

1475

00:52:48,470 --> 00:52:46,559

somehow producing that that and so the

1476

00:52:50,390 --> 00:52:48,480

person who didn't train that isn't gonna

1477

00:52:52,950 --> 00:52:50,400

do it you know my best time with cards

1478

00:52:54,790 --> 00:52:52,960

is two minutes and 30 seconds and i got

1479

00:52:56,549 --> 00:52:54,800

bored and i'm just like not going to get

1480

00:52:58,630 --> 00:52:56,559

faster than that because

1481

00:53:00,710 --> 00:52:58,640

you know there's no practical benefit to

1482

00:53:01,910 --> 00:53:00,720

my life to be able to memorize faster

1483

00:53:04,870 --> 00:53:01,920

than two minutes and 30 seconds but i

1484

00:53:07,190 --> 00:53:04,880

can tell you in that moment you're one

1485

00:53:09,270 --> 00:53:07,200

with all the things it's

1486

00:53:11,190 --> 00:53:09,280

it's like being in task positive network

1487

00:53:12,829 --> 00:53:11,200

or what uh mihai chick sent me how you

1488

00:53:15,589 --> 00:53:12,839

calls uh

1489

00:53:18,150 --> 00:53:15,599

flow it's just flow

1490

00:53:20,230 --> 00:53:18,160

but to get there you have to annihilate

1491

00:53:22,950 --> 00:53:20,240

the idea that information is different

1492

00:53:26,069 --> 00:53:22,960

it's it's just it's just information and

1493

00:53:28,630 --> 00:53:26,079

you have the tools and you just

1494

00:53:30,390 --> 00:53:28,640

okay explain to me let's say there's a i

1495

00:53:32,390 --> 00:53:30,400

know that's fake

1496

00:53:34,870 --> 00:53:32,400

but that's what it feels like let's take

1497

00:53:36,549 --> 00:53:34,880

an ordinary person or a typical member

1498

00:53:39,750 --> 00:53:36,559

of the population you pick someone from

1499

00:53:43,030 --> 00:53:39,760

the street and you say memorize these

1500

00:53:45,510 --> 00:53:43,040

10 cards let's make it simple 10 cards

1501
00:53:48,309 --> 00:53:45,520
they may take a minute or so and then

1502
00:53:49,829 --> 00:53:48,319
they may get some wrong and

1503
00:53:51,670 --> 00:53:49,839
how are they

1504
00:53:52,630 --> 00:53:51,680
trying to memorize and how is that

1505
00:53:54,710 --> 00:53:52,640
different

1506
00:53:55,750 --> 00:53:54,720
when one is thinking of the information

1507
00:53:57,270 --> 00:53:55,760
as

1508
00:54:00,470 --> 00:53:57,280
being of the same

1509
00:54:03,510 --> 00:54:00,480
vellum or the same cloth or the same

1510
00:54:05,510 --> 00:54:03,520
type like i i don't i've

1511
00:54:06,230 --> 00:54:05,520
like helped me through

1512
00:54:09,430 --> 00:54:06,240
how

1513
00:54:13,030 --> 00:54:11,510

i don't i'm so far removed from what a

1514

00:54:15,030 --> 00:54:13,040

normal person would do quote unquote

1515

00:54:17,109 --> 00:54:15,040

normal person that it's hard for me to

1516

00:54:18,790 --> 00:54:17,119

guess what that experience is like but

1517

00:54:19,910 --> 00:54:18,800

let me imagine it they're probably

1518

00:54:22,950 --> 00:54:19,920

thinking

1519

00:54:26,790 --> 00:54:22,960

okay jack of clubs

1520

00:54:28,230 --> 00:54:26,800

and then next comes queen of hearts

1521

00:54:29,829 --> 00:54:28,240

they may be repeating it aloud to

1522

00:54:31,829 --> 00:54:29,839

themselves as well yeah and then they're

1523

00:54:33,829 --> 00:54:31,839

trying to mentally juggle and and then

1524

00:54:36,150 --> 00:54:33,839

it was you know was it j what was it

1525

00:54:38,230 --> 00:54:36,160

giant space chugga clubs

1526
00:54:40,309 --> 00:54:38,240
right they're already getting jumbled up

1527
00:54:43,750 --> 00:54:40,319
whereas the trained person

1528
00:54:47,030 --> 00:54:43,760
jack of clubs is a cheetah and queen of

1529
00:54:48,230 --> 00:54:47,040
hearts is a bone so now that she and i'm

1530
00:54:49,430 --> 00:54:48,240
not going to speak for all memory

1531
00:54:50,790 --> 00:54:49,440
converters because some of them do this

1532
00:54:53,349 --> 00:54:50,800
differently but

1533
00:54:55,430 --> 00:54:53,359
this is the basics the cheetah is now

1534
00:54:56,230 --> 00:54:55,440
going to throw the bone

1535
00:54:59,190 --> 00:54:56,240
at

1536
00:55:01,750 --> 00:54:59,200
so let's say it's ace of spades so

1537
00:55:03,910 --> 00:55:01,760
they're going to throw a bone at the

1538
00:55:05,190 --> 00:55:03,920

frog right so now that's going to help

1539

00:55:06,549 --> 00:55:05,200

person object

1540

00:55:09,190 --> 00:55:06,559

object action or is that different

1541

00:55:10,790 --> 00:55:09,200

person action object yeah

1542

00:55:13,190 --> 00:55:10,800

they don't all do it exactly that way

1543

00:55:15,270 --> 00:55:13,200

but the idea is is that

1544

00:55:16,549 --> 00:55:15,280

if you have 52 cards to memorize you're

1545

00:55:17,990 --> 00:55:16,559

going to have a person action object a

1546

00:55:19,670 --> 00:55:18,000

person action object person action

1547

00:55:22,790 --> 00:55:19,680

object typically this is going to be

1548

00:55:24,710 --> 00:55:22,800

layered out in a memory palace and so

1549

00:55:25,750 --> 00:55:24,720

that's like

1550

00:55:28,150 --> 00:55:25,760

uh

1551

00:55:30,069 --> 00:55:28,160

a matt you know prices are was it prices

1552

00:55:32,230 --> 00:55:30,079

right is the one where they spin the

1553

00:55:33,430 --> 00:55:32,240

wheel and then they guess the words

1554

00:55:35,589 --> 00:55:33,440

that come i think that's wheel of

1555

00:55:36,790 --> 00:55:35,599

fortune oh sorry wheel of fortune yeah

1556

00:55:38,390 --> 00:55:36,800

well the price of right now also has a

1557

00:55:41,270 --> 00:55:38,400

wheel but yeah right that's right bob

1558

00:55:42,230 --> 00:55:41,280

barker versus pat sajak um

1559

00:55:43,030 --> 00:55:42,240

uh

1560

00:55:49,430 --> 00:55:43,040

the

1561

00:55:52,069 --> 00:55:49,440

right wheel is is a little bit better

1562

00:55:53,349 --> 00:55:52,079

sure sure because um

1563

00:55:55,349 --> 00:55:53,359

i don't know it doesn't matter the idea

1564

00:55:56,710 --> 00:55:55,359

is that there's a cell in space and that

1565

00:55:58,309 --> 00:55:56,720

cell is gonna

1566

00:56:00,870 --> 00:55:58,319

yeah like a like you know on the price

1567

00:56:04,069 --> 00:56:00,880

of a white wheel that spins around and

1568

00:56:05,750 --> 00:56:04,079

it's got like 200 300 etc okay but now

1569

00:56:07,910 --> 00:56:05,760

imagine that you have one two three four

1570

00:56:10,150 --> 00:56:07,920

five six seven eight nine ten and in

1571

00:56:11,750 --> 00:56:10,160

position one you're gonna have a cheetah

1572

00:56:13,829 --> 00:56:11,760

and then you just turn the wheel and

1573

00:56:15,430 --> 00:56:13,839

then in position two you're gonna have a

1574

00:56:17,430 --> 00:56:15,440

bone and then you turn the wheel and in

1575

00:56:19,430 --> 00:56:17,440

position three you're gonna have a toad

1576

00:56:21,190 --> 00:56:19,440

so that i can now remember yeah i'm even

1577

00:56:23,030 --> 00:56:21,200

just managing my own memory right now i

1578

00:56:25,670 --> 00:56:23,040

think look at the transcript i said jack

1579

00:56:27,349 --> 00:56:25,680

of clubs queen of hearts and aces made

1580

00:56:29,109 --> 00:56:27,359

right because

1581

00:56:30,950 --> 00:56:29,119

yeah well i mean

1582

00:56:32,630 --> 00:56:30,960

i have a crap i have a bad memory if i

1583

00:56:35,030 --> 00:56:32,640

don't use these tools i forget the stuff

1584

00:56:36,870 --> 00:56:35,040

that's gone you know um so but when i

1585

00:56:39,750 --> 00:56:36,880

use these things and i'm and i'm well

1586

00:56:41,990 --> 00:56:39,760

practiced then it's even better um

1587

00:56:43,589 --> 00:56:42,000

because you know you can

1588

00:56:45,109 --> 00:56:43,599

throw down and say hey i'm gonna compete

1589

00:56:46,710 --> 00:56:45,119

for charity today and not walk away

1590

00:56:48,069 --> 00:56:46,720

completely embarrassed but actually do

1591

00:56:49,990 --> 00:56:48,079

half as well as a guy who has two

1592

00:56:51,270 --> 00:56:50,000

guinness world records which i

1593

00:56:53,589 --> 00:56:51,280

think was quite something actually

1594

00:56:55,030 --> 00:56:53,599

especially given that i was hungover and

1595

00:56:57,109 --> 00:56:55,040

not feeling well

1596

00:56:58,870 --> 00:56:57,119

in many regards but

1597

00:57:00,789 --> 00:56:58,880

that's what it is that's what you do and

1598

00:57:02,950 --> 00:57:00,799

you have to be one with it you have to

1599

00:57:04,710 --> 00:57:02,960

be so it's like a martial art like

1600

00:57:06,549 --> 00:57:04,720

you're you're not sitting there

1601
00:57:09,349 --> 00:57:06,559
if you're um

1602
00:57:11,910 --> 00:57:09,359
engaged in in sparring or in an actual

1603
00:57:14,470 --> 00:57:11,920
combat heaven forbid you're not thinking

1604
00:57:16,710 --> 00:57:14,480
oh kata this or whatever you're just

1605
00:57:18,789 --> 00:57:16,720
trained that this is coming in and

1606
00:57:20,710 --> 00:57:18,799
you're going to fold it and put it into

1607
00:57:23,430 --> 00:57:20,720
place and you're going to do it in a way

1608
00:57:25,109 --> 00:57:23,440
that it stays there your enemy doesn't

1609
00:57:26,789 --> 00:57:25,119
want to move after they've

1610
00:57:29,349 --> 00:57:26,799
confronted with you because you're just

1611
00:57:31,109 --> 00:57:29,359
zoom zoom zoom

1612
00:57:32,789 --> 00:57:31,119
and that's that's basically what i mean

1613
00:57:34,470 --> 00:57:32,799

by oneness you don't have time to think

1614

00:57:35,829 --> 00:57:34,480

about it you don't have time to fret

1615

00:57:38,710 --> 00:57:35,839

about it you don't have time to hum and

1616

00:57:41,430 --> 00:57:38,720

haw about it this must translate to that

1617

00:57:45,910 --> 00:57:41,440

and it must do so in a way that lasts

1618

00:57:50,230 --> 00:57:47,589

see when i think about what oneness

1619

00:57:52,549 --> 00:57:50,240

means i'm thinking

1620

00:57:54,549 --> 00:57:52,559

about being different

1621

00:57:56,789 --> 00:57:54,559

ripples in the field of consciousness

1622

00:57:59,589 --> 00:57:56,799

and so on and all that exists is simply

1623

00:58:01,270 --> 00:57:59,599

the sea of experience

1624

00:58:03,990 --> 00:58:01,280

when you're describing

1625

00:58:09,109 --> 00:58:06,390

different phenomenon like cards or

1626

00:58:10,950 --> 00:58:09,119

whatever maybe i

1627

00:58:12,309 --> 00:58:10,960

i still don't see how it's won other

1628

00:58:14,230 --> 00:58:12,319

than what you've

1629

00:58:16,789 --> 00:58:14,240

alluded to which is it becoming

1630

00:58:18,710 --> 00:58:16,799

reflexive i don't see reflex reflexes

1631

00:58:20,390 --> 00:58:18,720

being or at least not conscious

1632

00:58:22,309 --> 00:58:20,400

deliberation i don't see that as being

1633

00:58:23,270 --> 00:58:22,319

the same as one so when you say one i

1634

00:58:25,670 --> 00:58:23,280

don't think i'm understanding it

1635

00:58:28,710 --> 00:58:25,680

correctly let's say you have this

1636

00:58:30,230 --> 00:58:28,720

these cards and the regular person may

1637

00:58:32,230 --> 00:58:30,240

repeat

1638

00:58:34,150 --> 00:58:32,240

the card over and over

1639

00:58:35,190 --> 00:58:34,160

in order they get to card number three

1640

00:58:36,470 --> 00:58:35,200

they go back to card number one no

1641

00:58:37,750 --> 00:58:36,480

number two number three number four okay

1642

00:58:39,270 --> 00:58:37,760

i got number four now let me go back one

1643

00:58:40,069 --> 00:58:39,280

two three four five okay i got those

1644

00:58:42,150 --> 00:58:40,079

cards

1645

00:58:43,910 --> 00:58:42,160

i see that as not being

1646

00:58:45,990 --> 00:58:43,920

efficient and

1647

00:58:47,510 --> 00:58:46,000

but i don't see the oneness in in the

1648

00:58:48,950 --> 00:58:47,520

explanation that you gave like what is

1649

00:58:50,630 --> 00:58:48,960

the oneness you're translating it down

1650

00:58:51,990 --> 00:58:50,640

to cheetahs and to bones and so on but

1651
00:58:53,670 --> 00:58:52,000
there's no oneness between cheetah and

1652
00:58:55,589 --> 00:58:53,680
bones at least i don't see so

1653
00:58:57,589 --> 00:58:55,599
do you mind helping well

1654
00:58:59,109 --> 00:58:57,599
let's let's look at the word oneness

1655
00:59:00,710 --> 00:58:59,119
itself right

1656
00:59:02,549 --> 00:59:00,720
oneness is where

1657
00:59:06,150 --> 00:59:02,559
when you're when you're reflecting on

1658
00:59:08,710 --> 00:59:06,160
oneness where is it all around

1659
00:59:10,710 --> 00:59:08,720
well where is that

1660
00:59:12,549 --> 00:59:10,720
like you're genuinely asking me to go

1661
00:59:14,630 --> 00:59:12,559
yeah i'm asking you not because i'm

1662
00:59:16,789 --> 00:59:14,640
interested in creating radio silence but

1663
00:59:18,630 --> 00:59:16,799

if you really think about it

1664

00:59:20,309 --> 00:59:18,640

where is the concept of oneness and then

1665

00:59:22,309 --> 00:59:20,319

you say well it's all around but then

1666

00:59:23,270 --> 00:59:22,319

where is the concept of all around and

1667

00:59:24,309 --> 00:59:23,280

then

1668

00:59:26,630 --> 00:59:24,319

i'm just go it's just going to be an

1669

00:59:28,870 --> 00:59:26,640

infinite regress and the answer is i

1670

00:59:30,230 --> 00:59:28,880

have no idea because right now kurt is

1671

00:59:31,109 --> 00:59:30,240

appearing in me

1672

00:59:33,030 --> 00:59:31,119

right

1673

00:59:34,549 --> 00:59:33,040

and you're you're for i don't know

1674

00:59:36,470 --> 00:59:34,559

you're in toronto what's toronto well

1675

00:59:37,270 --> 00:59:36,480

toronto is appearing in me

1676

00:59:39,270 --> 00:59:37,280

and

1677

00:59:40,950 --> 00:59:39,280

everything's just appearing right now in

1678

00:59:43,190 --> 00:59:40,960

me and i assume it's appearing in you

1679

00:59:44,390 --> 00:59:43,200

right so if there's a oneness and you

1680

00:59:46,230 --> 00:59:44,400

and i are connecting right now we're

1681

00:59:48,230 --> 00:59:46,240

having a conversation hopefully it's a

1682

00:59:50,069 --> 00:59:48,240

good one for you i'm having fun myself

1683

00:59:52,630 --> 00:59:50,079

and so forth the oneness is right now

1684

00:59:54,230 --> 00:59:52,640

it's right here this is it right we can

1685

00:59:56,870 --> 00:59:54,240

call it oneness we can say there's a

1686

00:59:58,549 --> 00:59:56,880

reflect the reflection this a recursion

1687

01:00:00,630 --> 00:59:58,559

that yada yada whatever we're doing

1688

01:00:02,789 --> 01:00:00,640

we're just piling on more words and

1689

01:00:04,390 --> 01:00:02,799

those words are coming into this space

1690

01:00:05,190 --> 01:00:04,400

right now right

1691

01:00:06,549 --> 01:00:05,200

and

1692

01:00:08,870 --> 01:00:06,559

if you're going to recall back to a

1693

01:00:11,109 --> 01:00:08,880

conversation later well then something

1694

01:00:14,870 --> 01:00:11,119

about that lasted when did it last where

1695

01:00:15,990 --> 01:00:14,880

did it last well right now it's in this

1696

01:00:17,829 --> 01:00:16,000

whatever

1697

01:00:21,109 --> 01:00:17,839

we call this we can just pile on more

1698

01:00:23,270 --> 01:00:21,119

words but the very idea that oneness is

1699

01:00:25,829 --> 01:00:23,280

defined differently by you

1700

01:00:27,750 --> 01:00:25,839

has only so much difference

1701

01:00:29,109 --> 01:00:27,760

because we are now communicating about

1702

01:00:31,270 --> 01:00:29,119

that difference which requires a

1703

01:00:33,030 --> 01:00:31,280

sameness it requires a oneness in order

1704

01:00:35,109 --> 01:00:33,040

for it to even happen

1705

01:00:37,910 --> 01:00:35,119

so when we're memorizing cards or

1706

01:00:40,789 --> 01:00:37,920

whatever it is that we're doing we are

1707

01:00:42,789 --> 01:00:40,799

experiencing a fundamental oneness that

1708

01:00:45,829 --> 01:00:42,799

information appears in us

1709

01:00:48,710 --> 01:00:45,839

and we have tools to

1710

01:00:50,309 --> 01:00:48,720

make that appearance so robust that it

1711

01:00:52,870 --> 01:00:50,319

lasts

1712

01:00:54,390 --> 01:00:52,880

to repeat reappear in us later

1713

01:00:55,990 --> 01:00:54,400

it's a

1714

01:00:57,670 --> 01:00:56,000

i think we get into semantics when we

1715

01:00:59,030 --> 01:00:57,680

try to get into what oneness means

1716

01:01:01,750 --> 01:00:59,040

because oneness

1717

01:01:04,150 --> 01:01:01,760

it only means by virtue of it being in

1718

01:01:06,150 --> 01:01:04,160

the field that is perceiving the very

1719

01:01:07,750 --> 01:01:06,160

concept of meaning itself

1720

01:01:08,549 --> 01:01:07,760

and i feel like i'm like on the verge of

1721

01:01:10,470 --> 01:01:08,559

just

1722

01:01:12,230 --> 01:01:10,480

spouting endless deepities that sound

1723

01:01:14,710 --> 01:01:12,240

make me sound like a the kind of person

1724

01:01:17,589 --> 01:01:14,720

i don't actually want to sound like but

1725

01:01:18,950 --> 01:01:17,599

what what what else can you say you know

1726

01:01:21,430 --> 01:01:18,960

this is the this is the problem of

1727

01:01:24,150 --> 01:01:21,440

discussing things like spirituality and

1728

01:01:25,349 --> 01:01:24,160

yeah and yada yada because you just end

1729

01:01:26,630 --> 01:01:25,359

up saying

1730

01:01:28,870 --> 01:01:26,640

endless

1731

01:01:31,109 --> 01:01:28,880

deputies but at the same time sorry what

1732

01:01:31,990 --> 01:01:31,119

is that deputies

1733

01:01:36,150 --> 01:01:32,000

this is

1734

01:01:39,109 --> 01:01:36,160

a weapon that they use

1735

01:01:42,789 --> 01:01:39,119

oh i didn't know that i know

1736

01:01:43,510 --> 01:01:42,799

yeah well whoo-hoo is another one right

1737

01:01:46,230 --> 01:01:43,520

but

1738

01:01:48,950 --> 01:01:46,240

like it's a dvd basically is something

1739

01:01:51,589 --> 01:01:48,960

that sounds really profound and so forth

1740

01:01:54,549 --> 01:01:51,599

but actually isn't because

1741

01:01:56,390 --> 01:01:54,559

to unspool it you only end up

1742

01:01:58,870 --> 01:01:56,400

you know pulling putting more thread

1743

01:02:00,390 --> 01:01:58,880

into the basket rather than less and uh

1744

01:02:02,950 --> 01:02:00,400

i'm very deeply concerned about that

1745

01:02:05,030 --> 01:02:02,960

because i study sanskrit and i look at

1746

01:02:08,069 --> 01:02:05,040

these ancient traditions and when i when

1747

01:02:10,230 --> 01:02:08,079

i get through the dpd's so to speak what

1748

01:02:11,910 --> 01:02:10,240

i find is that actually they're like

1749

01:02:13,750 --> 01:02:11,920

they're more atheist than anything i've

1750

01:02:16,230 --> 01:02:13,760

ever seen in my life i started to call

1751

01:02:18,950 --> 01:02:16,240

it uber atheist you know i thought i

1752

01:02:21,349 --> 01:02:18,960

used to be an atheist but damn like in

1753

01:02:23,589 --> 01:02:21,359

in some of these ancient texts why don't

1754

01:02:25,270 --> 01:02:23,599

you take us through some of

1755

01:02:27,270 --> 01:02:25,280

or just take us through your journey

1756

01:02:28,150 --> 01:02:27,280

from atheism to

1757

01:02:29,990 --> 01:02:28,160

i don't know what you would call

1758

01:02:32,150 --> 01:02:30,000

yourself now but probably not atheists

1759

01:02:34,789 --> 01:02:32,160

so let's just say uber atheist i like

1760

01:02:36,390 --> 01:02:34,799

uber atheists okay

1761

01:02:38,069 --> 01:02:36,400

especially because uber has some uh

1762

01:02:41,190 --> 01:02:38,079

nuances in german

1763

01:02:43,910 --> 01:02:41,200

and also for the people listening

1764

01:02:45,190 --> 01:02:43,920

anthony has a website do you mind

1765

01:02:46,549 --> 01:02:45,200

telling people where they can find out

1766

01:02:49,430 --> 01:02:46,559

more about you not that we're ending but

1767

01:02:52,710 --> 01:02:49,440

just so that people can make note of it

1768

01:02:54,390 --> 01:02:52,720

um magneticmemorymethod.com

1769

01:02:55,910 --> 01:02:54,400

and hey anthony you may not know this

1770

01:02:57,829 --> 01:02:55,920

but when i was searching your name in my

1771

01:02:59,430 --> 01:02:57,839

inbox

1772

01:03:00,870 --> 01:02:59,440

i wanted to make sure that i sent you

1773

01:03:01,510 --> 01:03:00,880

all the correct information i noticed i

1774

01:03:04,470 --> 01:03:01,520

had

1775

01:03:08,150 --> 01:03:04,480

20 emails from you from before i'm like

1776

01:03:10,150 --> 01:03:08,160

from 2019 or 2018 and oh it turns out

1777

01:03:12,150 --> 01:03:10,160

that i signed up for your

1778

01:03:14,789 --> 01:03:12,160

i signed up for your newsletter quite

1779

01:03:17,510 --> 01:03:14,799

some time ago and i had forgotten so

1780

01:03:20,470 --> 01:03:17,520

that's pretty cool i probably

1781

01:03:21,589 --> 01:03:20,480

i wasn't as memorable as i hoped

1782

01:03:23,750 --> 01:03:21,599

well

1783

01:03:25,589 --> 01:03:23,760

i don't recall why i did that i'm i'm

1784

01:03:28,230 --> 01:03:25,599

not sure but anyway

1785

01:03:30,069 --> 01:03:28,240

well in the great chaos uh and vastness

1786

01:03:32,150 --> 01:03:30,079

of the internet it often proves to not

1787

01:03:34,069 --> 01:03:32,160

be as big as it seems

1788

01:03:37,190 --> 01:03:34,079

so there's this guy who his name is

1789

01:03:41,109 --> 01:03:38,630

i want you all to know that anthony

1790

01:03:43,029 --> 01:03:41,119

mativier responds promptly personally

1791

01:03:45,270 --> 01:03:43,039

and repeatedly to questions about this

1792

01:03:46,870 --> 01:03:45,280

talk if you contact him via his website

1793

01:03:49,589 --> 01:03:46,880

i've corresponded with him twice today

1794

01:03:51,510 --> 01:03:49,599

actually so just so people know people

1795

01:03:53,829 --> 01:03:51,520

in the chat people who are listening you

1796

01:03:55,670 --> 01:03:53,839

can contact anthony anthony responds i

1797

01:03:58,390 --> 01:03:55,680

don't know at least in my experience

1798

01:04:00,309 --> 01:03:58,400

respond with quite detailed messages

1799

01:04:01,670 --> 01:04:00,319

like you care

1800

01:04:03,430 --> 01:04:01,680

and i don't know where you get the time

1801
01:04:05,029 --> 01:04:03,440
to do so but

1802
01:04:07,029 --> 01:04:05,039
if people do have questions they can

1803
01:04:08,390 --> 01:04:07,039
easily contact you and

1804
01:04:10,069 --> 01:04:08,400
you'll you're more than likely to

1805
01:04:12,390 --> 01:04:10,079
respond where do you get the time and

1806
01:04:13,990 --> 01:04:12,400
the inclination to do this

1807
01:04:16,630 --> 01:04:14,000
well i'll show you my secret weapon if

1808
01:04:20,950 --> 01:04:18,710
this enables me to type about three

1809
01:04:22,950 --> 01:04:20,960
times faster than most humans can even

1810
01:04:25,109 --> 01:04:22,960
imagine typing

1811
01:04:26,630 --> 01:04:25,119
it's a special keyboard what is it

1812
01:04:29,029 --> 01:04:26,640
what the heck is that

1813
01:04:31,829 --> 01:04:29,039

so this is called a safe type keyboard

1814

01:04:33,510 --> 01:04:31,839

and it has the keys vertical and split

1815

01:04:35,349 --> 01:04:33,520

on both sides

1816

01:04:37,750 --> 01:04:35,359

so

1817

01:04:39,670 --> 01:04:37,760

that reduces strain on your wrist

1818

01:04:41,349 --> 01:04:39,680

and you type like this

1819

01:04:44,309 --> 01:04:41,359

and uh so

1820

01:04:46,390 --> 01:04:44,319

yeah i'm also a typing addict so

1821

01:04:48,549 --> 01:04:46,400

yeah if i answer in detail it is because

1822

01:04:50,470 --> 01:04:48,559

i care but i'm also you know

1823

01:04:52,789 --> 01:04:50,480

doing my own dopamine addiction

1824

01:04:54,309 --> 01:04:52,799

management at some level

1825

01:04:55,990 --> 01:04:54,319

i haven't seen that keyboard before do

1826

01:04:57,910 --> 01:04:56,000

you mind giving me

1827

01:05:00,150 --> 01:04:57,920

it's called a display

1828

01:05:02,150 --> 01:05:00,160

of how you would type without actually

1829

01:05:03,990 --> 01:05:02,160

typing

1830

01:05:05,829 --> 01:05:04,000

yeah um

1831

01:05:07,910 --> 01:05:05,839

some chaos may go on on my other

1832

01:05:09,349 --> 01:05:07,920

computer here but i would just say you

1833

01:05:12,549 --> 01:05:09,359

know hi

1834

01:05:14,309 --> 01:05:12,559

kurt how are you dude

1835

01:05:15,750 --> 01:05:14,319

and then you know if i'm in an actual

1836

01:05:18,230 --> 01:05:15,760

position

1837

01:05:20,470 --> 01:05:18,240

at my stand-up desk so

1838

01:05:22,950 --> 01:05:20,480

it just looks like that

1839

01:05:23,990 --> 01:05:22,960

and if you um you know if you if you can

1840

01:05:25,430 --> 01:05:24,000

do

1841

01:05:27,510 --> 01:05:25,440

touch typing i guess it's called where

1842

01:05:28,630 --> 01:05:27,520

you're not looking

1843

01:05:30,230 --> 01:05:28,640

by the way you can train yourself

1844

01:05:32,230 --> 01:05:30,240

because this these people who came up

1845

01:05:33,910 --> 01:05:32,240

with this are genius it has mirrors my

1846

01:05:36,069 --> 01:05:33,920

mirrors broke off a long time ago but

1847

01:05:39,109 --> 01:05:36,079

you have these mirrors that come out and

1848

01:05:41,510 --> 01:05:39,119

um that can help you train to be able to

1849

01:05:43,029 --> 01:05:41,520

to see the keys and you know some of the

1850

01:05:46,230 --> 01:05:43,039

numbers can be kind of tricky but in the

1851
01:05:48,069 --> 01:05:46,240
middle there's a number pad uh so it's

1852
01:05:49,430 --> 01:05:48,079
it's great

1853
01:05:51,190 --> 01:05:49,440
what's that called

1854
01:05:52,309 --> 01:05:51,200
it's called safe type

1855
01:05:53,990 --> 01:05:52,319
safety

1856
01:05:56,150 --> 01:05:54,000
i believe that's their url but they

1857
01:05:57,670 --> 01:05:56,160
haven't updated their site in forever uh

1858
01:05:59,589 --> 01:05:57,680
i think you can get them through amazon

1859
01:06:01,029 --> 01:05:59,599
and whatnot

1860
01:06:03,270 --> 01:06:01,039
okay so we're going through your journey

1861
01:06:06,309 --> 01:06:03,280
from atheism to whatever you are now

1862
01:06:07,750 --> 01:06:06,319
right uber atheist um

1863
01:06:09,510 --> 01:06:07,760

well

1864

01:06:10,870 --> 01:06:09,520

it's a long story as many stories are

1865

01:06:12,390 --> 01:06:10,880

but

1866

01:06:14,870 --> 01:06:12,400

here i have my i've been drinking from

1867

01:06:16,390 --> 01:06:14,880

my waking up cup uh from the sam harris

1868

01:06:19,670 --> 01:06:16,400

podcast back when it was called waking

1869

01:06:22,309 --> 01:06:19,680

up and uh

1870

01:06:24,789 --> 01:06:22,319

i i guess uh

1871

01:06:27,349 --> 01:06:24,799

somehow he was part of being like a

1872

01:06:29,190 --> 01:06:27,359

militant atheist because

1873

01:06:30,549 --> 01:06:29,200

you know when i went to do my phd i have

1874

01:06:32,870 --> 01:06:30,559

to do this like language thing so i

1875

01:06:34,870 --> 01:06:32,880

picked biblical hebrew and why i picked

1876

01:06:36,470 --> 01:06:34,880

biblic biblical hebrew as opposed to any

1877

01:06:38,789 --> 01:06:36,480

other of the many possible languages

1878

01:06:39,910 --> 01:06:38,799

that you could work on was because i

1879

01:06:41,670 --> 01:06:39,920

wanted to

1880

01:06:43,510 --> 01:06:41,680

have revenge on my mother i was a very

1881

01:06:45,510 --> 01:06:43,520

angry person about having been brought

1882

01:06:47,109 --> 01:06:45,520

up in the church and i had a feeling

1883

01:06:48,549 --> 01:06:47,119

that if i could read for myself what the

1884

01:06:50,630 --> 01:06:48,559

bible says then i would just have

1885

01:06:54,150 --> 01:06:50,640

endless toys to play with

1886

01:06:55,670 --> 01:06:54,160

during all kinds of conversations um

1887

01:06:57,510 --> 01:06:55,680

and you know it turns out that you do

1888

01:06:59,990 --> 01:06:57,520

have endless toys when you can read a

1889

01:07:02,789 --> 01:07:00,000

bit of biblical hebrew to play with but

1890

01:07:06,710 --> 01:07:02,799

uh i've gotten a lot of peace with that

1891

01:07:08,630 --> 01:07:06,720

and i don't even use it uh anymore but

1892

01:07:10,950 --> 01:07:08,640

sam harris one day driving through the

1893

01:07:12,230 --> 01:07:10,960

united states listening to npr and he

1894

01:07:13,670 --> 01:07:12,240

says

1895

01:07:14,390 --> 01:07:13,680

what is this word atheist all about

1896

01:07:16,150 --> 01:07:14,400

anyway

1897

01:07:18,710 --> 01:07:16,160

we don't call people who don't believe

1898

01:07:21,430 --> 01:07:18,720

in astrology non-strologists so it's

1899

01:07:23,109 --> 01:07:21,440

kind of like a silly thing and um that

1900

01:07:25,910 --> 01:07:23,119

kind of hooked me because i like that

1901

01:07:27,829 --> 01:07:25,920

you know i like to cut through the chase

1902

01:07:29,670 --> 01:07:27,839

and get at what's going going on here

1903

01:07:32,069 --> 01:07:29,680

and really there's no such thing as

1904

01:07:34,230 --> 01:07:32,079

atheism there's there should be no need

1905

01:07:37,670 --> 01:07:34,240

for it it's not an ism in the same way

1906

01:07:40,710 --> 01:07:37,680

in logic it's a bad choice to call um

1907

01:07:43,109 --> 01:07:40,720

para consistencies diet diet what is it

1908

01:07:45,430 --> 01:07:43,119

called dialectism right because it's not

1909

01:07:47,109 --> 01:07:45,440

a belief dialecticism is not a belief in

1910

01:07:49,430 --> 01:07:47,119

anything it's just noticing that there

1911

01:07:51,670 --> 01:07:49,440

are sometimes para consistencies you're

1912

01:07:54,069 --> 01:07:51,680

not and it's not ism but somehow they

1913

01:07:56,309 --> 01:07:54,079

chose the ism so

1914

01:07:58,549 --> 01:07:56,319

atheism and me being called an atheist

1915

01:08:00,870 --> 01:07:58,559

is already problematic from when i quote

1916

01:08:03,109 --> 01:08:00,880

unquote got into it right but i was

1917

01:08:05,029 --> 01:08:03,119

quite militant about it

1918

01:08:08,309 --> 01:08:05,039

and because i'm a bit of a

1919

01:08:10,789 --> 01:08:08,319

theatrical person sometimes you know

1920

01:08:12,230 --> 01:08:10,799

if you're not

1921

01:08:14,950 --> 01:08:12,240

part of the solution you're part of the

1922

01:08:17,669 --> 01:08:14,960

problem and i saw for a long time

1923

01:08:20,470 --> 01:08:17,679

religion religious belief irrational

1924

01:08:21,669 --> 01:08:20,480

things as part of the problem and that

1925

01:08:24,470 --> 01:08:21,679

somewhat

1926

01:08:25,749 --> 01:08:24,480

hasn't changed but it has softened

1927

01:08:28,309 --> 01:08:25,759

to

1928

01:08:30,709 --> 01:08:28,319

also look at counter examples counter

1929

01:08:33,349 --> 01:08:30,719

arguments and then realize wait a second

1930

01:08:35,430 --> 01:08:33,359

evolution has forwarded this for a very

1931

01:08:36,829 --> 01:08:35,440

long time and if anything it's getting

1932

01:08:39,189 --> 01:08:36,839

stronger

1933

01:08:40,709 --> 01:08:39,199

and you know i did a lot of film studies

1934

01:08:42,630 --> 01:08:40,719

et cetera et cetera and it just sort of

1935

01:08:43,510 --> 01:08:42,640

doesn't make sense to be

1936

01:08:44,789 --> 01:08:43,520

so

1937

01:08:46,470 --> 01:08:44,799

black and white

1938

01:08:48,550 --> 01:08:46,480

you're either for the science or you're

1939

01:08:50,149 --> 01:08:48,560

against it kind of thing and studying

1940

01:08:52,149 --> 01:08:50,159

sanskrit

1941

01:08:54,149 --> 01:08:52,159

really changed

1942

01:08:56,390 --> 01:08:54,159

or deepened my idea and understanding of

1943

01:08:58,390 --> 01:08:56,400

what science is anyway in terms of

1944

01:09:00,390 --> 01:08:58,400

making hypothetical claims

1945

01:09:03,749 --> 01:09:00,400

providing evidence for and against

1946

01:09:04,950 --> 01:09:03,759

things to either bolster them at least

1947

01:09:06,550 --> 01:09:04,960

for a time

1948

01:09:08,550 --> 01:09:06,560

or discredit them

1949

01:09:11,829 --> 01:09:08,560

but also at least for a time and then

1950

01:09:13,910 --> 01:09:11,839

just thinking about n equals one as a

1951

01:09:14,870 --> 01:09:13,920

as a scientific proposition itself which

1952

01:09:21,910 --> 01:09:14,880

is

1953

01:09:25,749 --> 01:09:21,920

scientific beings and then you know it

1954

01:09:27,990 --> 01:09:25,759

reminded me a lot of nietzsche and

1955

01:09:29,510 --> 01:09:28,000

i had a great professor uh

1956

01:09:31,349 --> 01:09:29,520

at european graduate school when i did

1957

01:09:32,870 --> 01:09:31,359

an ma there named fred alfers who was

1958

01:09:34,870 --> 01:09:32,880

the chair of the nietzsche studies

1959

01:09:37,510 --> 01:09:34,880

program there and he had pointed out

1960

01:09:39,030 --> 01:09:37,520

nietzsche does not mean god is dead

1961

01:09:40,390 --> 01:09:39,040

nietzsche means

1962

01:09:43,430 --> 01:09:40,400

that if that's the way you're gonna

1963

01:09:44,950 --> 01:09:43,440

worship your god he may as well be dead

1964

01:09:47,269 --> 01:09:44,960

and um

1965

01:09:49,189 --> 01:09:47,279

i think that that nuance and and you see

1966

01:09:51,269 --> 01:09:49,199

it in nietzsche when you when you read

1967

01:09:54,149 --> 01:09:51,279

it with that in mind that nuance makes

1968

01:09:57,110 --> 01:09:54,159

all the difference in the world

1969

01:09:58,630 --> 01:09:57,120

so that's kind of the journey there and

1970

01:10:01,030 --> 01:09:58,640

something about studying you know

1971

01:10:02,870 --> 01:10:01,040

sanskrit and meditating with long-form

1972

01:10:04,550 --> 01:10:02,880

memorization so that you not only

1973

01:10:06,550 --> 01:10:04,560

understand it but you then become depre

1974

01:10:07,910 --> 01:10:06,560

you come to practice it so you remind

1975

01:10:10,790 --> 01:10:07,920

yourself of the principles of

1976

01:10:12,870 --> 01:10:10,800

non-duality you remind yourself of

1977

01:10:14,950 --> 01:10:12,880

of flow because your procedural memory

1978

01:10:17,270 --> 01:10:14,960

is so highly trained to do it

1979

01:10:18,070 --> 01:10:17,280

then yeah

1980

01:10:20,550 --> 01:10:18,080

i mean

1981

01:10:22,229 --> 01:10:20,560

it's just more words atheism

1982

01:10:23,590 --> 01:10:22,239

stuff it's just more words appearing in

1983

01:10:25,430 --> 01:10:23,600

consciousness and that the question

1984

01:10:26,790 --> 01:10:25,440

really is

1985

01:10:28,709 --> 01:10:26,800

what do you do with that moment do you

1986

01:10:30,709 --> 01:10:28,719

enjoy the ride or don't you

1987

01:10:33,030 --> 01:10:30,719

do you show up

1988

01:10:36,229 --> 01:10:33,040

at your best to help others or don't you

1989

01:10:36,239 --> 01:10:39,910

how does sanskrit help

1990

01:10:44,709 --> 01:10:42,229

i don't know that it does although

1991

01:10:48,229 --> 01:10:44,719

there there may be something to

1992

01:10:49,910 --> 01:10:48,239

the sanskrit itself i don't know um

1993

01:10:51,510 --> 01:10:49,920

so gary weber who i

1994

01:10:53,030 --> 01:10:51,520

read a lot of his books

1995

01:10:55,350 --> 01:10:53,040

he mentions he just sort of like throws

1996

01:10:57,030 --> 01:10:55,360

this away as a comment in happiness

1997

01:10:59,110 --> 01:10:57,040

beyond thought that there may be

1998

01:11:02,310 --> 01:10:59,120

something about where the tongue touches

1999

01:11:04,390 --> 01:11:02,320

the mouth with certain languages

2000

01:11:06,149 --> 01:11:04,400

that creates certain things in the

2001
01:11:08,229 --> 01:11:06,159
default mode network of the brain or the

2002
01:11:11,590 --> 01:11:08,239
task positive network of the brain that

2003
01:11:15,510 --> 01:11:13,110
you know the experience of a quote

2004
01:11:17,510 --> 01:11:15,520
unquote deeper state of consciousness

2005
01:11:19,110 --> 01:11:17,520
but really how can if you have

2006
01:11:20,390 --> 01:11:19,120
consciousness how could it really be

2007
01:11:22,790 --> 01:11:20,400
deeper

2008
01:11:24,790 --> 01:11:22,800
than anything else i don't know uh

2009
01:11:27,110 --> 01:11:24,800
unless you are man you're participating

2010
01:11:30,550 --> 01:11:27,120
in the manufacture of that which i think

2011
01:11:32,310 --> 01:11:30,560
you can do without self-delusion um

2012
01:11:34,790 --> 01:11:32,320
but at the end of the day it's not clear

2013
01:11:36,709 --> 01:11:34,800

to me that it has to be sanskrit the

2014

01:11:40,630 --> 01:11:36,719

thing is is that the sanskrit that i've

2015

01:11:42,950 --> 01:11:40,640

studied encodes certain messages and so

2016

01:11:44,229 --> 01:11:42,960

there's benefits to singing that we know

2017

01:11:45,590 --> 01:11:44,239

uh

2018

01:11:46,550 --> 01:11:45,600

you know there's studies that show that

2019

01:11:49,910 --> 01:11:46,560

your

2020

01:11:51,030 --> 01:11:49,920

chemicals when you sing

2021

01:11:52,390 --> 01:11:51,040

there's

2022

01:11:54,229 --> 01:11:52,400

benefits to

2023

01:11:55,910 --> 01:11:54,239

having certain messages in your mind as

2024

01:11:58,229 --> 01:11:55,920

opposed to other ones and because i use

2025

01:12:00,630 --> 01:11:58,239

a memory palace to do all of this

2026

01:12:02,709 --> 01:12:00,640

uh there's benefits to that as well

2027

01:12:04,870 --> 01:12:02,719

dr tim dalglisch has done studies on

2028

01:12:07,350 --> 01:12:04,880

using memory palaces to help people with

2029

01:12:10,470 --> 01:12:07,360

depression and with

2030

01:12:11,990 --> 01:12:10,480

ptsd that has shown great results

2031

01:12:13,350 --> 01:12:12,000

so

2032

01:12:15,270 --> 01:12:13,360

i don't know that it has to be sanskrit

2033

01:12:17,030 --> 01:12:15,280

but i think that there's possibly

2034

01:12:18,870 --> 01:12:17,040

something about the way the tongue

2035

01:12:19,910 --> 01:12:18,880

touches the mouth that maybe has some

2036

01:12:21,189 --> 01:12:19,920

benefits

2037

01:12:23,270 --> 01:12:21,199

and there's

2038

01:12:25,830 --> 01:12:23,280

i think there's definitely a message uh

2039

01:12:28,550 --> 01:12:25,840

benefit even though it's pretty brutal

2040

01:12:30,630 --> 01:12:28,560

in its consequences in its implications

2041

01:12:32,630 --> 01:12:30,640

uh if you're not ready for it

2042

01:12:34,630 --> 01:12:32,640

so to speak

2043

01:12:35,669 --> 01:12:34,640

is there an exercise you can take me

2044

01:12:36,550 --> 01:12:35,679

through

2045

01:12:39,110 --> 01:12:36,560

now

2046

01:12:41,189 --> 01:12:39,120

almost live like

2047

01:12:44,070 --> 01:12:41,199

well wim hof obviously has the wim hof

2048

01:12:46,550 --> 01:12:44,080

exercises that one can do is there one

2049

01:12:48,149 --> 01:12:46,560

obviously would have to be for uh

2050

01:12:49,430 --> 01:12:48,159

well it doesn't have to be but i imagine

2051

01:12:51,590 --> 01:12:49,440

it would be great if it was for a

2052

01:12:53,270 --> 01:12:51,600

particular purpose like let's say you

2053

01:12:54,550 --> 01:12:53,280

were training me right now to get into a

2054

01:12:56,470 --> 01:12:54,560

state where i can memorize the deck of

2055

01:12:58,550 --> 01:12:56,480

cards and under a minute that's not

2056

01:12:59,590 --> 01:12:58,560

going to happen at least not right now

2057

01:13:01,110 --> 01:12:59,600

and

2058

01:13:04,070 --> 01:13:01,120

it may take years to do that but is

2059

01:13:05,430 --> 01:13:04,080

there something else that you can is

2060

01:13:07,110 --> 01:13:05,440

there some exercise you can take me

2061

01:13:09,830 --> 01:13:07,120

through maybe one that involves sanskrit

2062

01:13:11,430 --> 01:13:09,840

because i i don't know any sanskrit i

2063

01:13:13,270 --> 01:13:11,440

don't know how

2064

01:13:14,550 --> 01:13:13,280

i i haven't said a single word of

2065

01:13:15,910 --> 01:13:14,560

sanskrit

2066

01:13:17,350 --> 01:13:15,920

consciously

2067

01:13:19,830 --> 01:13:17,360

and i'm curious as to how the

2068

01:13:21,430 --> 01:13:19,840

pronunciation of a particular word may

2069

01:13:22,709 --> 01:13:21,440

impact my consciousness in a different

2070

01:13:24,870 --> 01:13:22,719

manner

2071

01:13:26,790 --> 01:13:24,880

um yeah well we could we could cook

2072

01:13:28,550 --> 01:13:26,800

something up yeah yeah let's do it if

2073

01:13:29,750 --> 01:13:28,560

you don't mind anything

2074

01:13:31,270 --> 01:13:29,760

since you mentioned it though it

2075

01:13:32,709 --> 01:13:31,280

wouldn't take you years to memorize a

2076

01:13:34,550 --> 01:13:32,719

deck of cards i mean i've never done it

2077

01:13:36,550 --> 01:13:34,560

under a minute but two minutes and 30

2078

01:13:38,229 --> 01:13:36,560

seconds did not take me years it

2079

01:13:40,229 --> 01:13:38,239

wouldn't take you that long

2080

01:13:41,590 --> 01:13:40,239

josh iv who wrote the very famous book

2081

01:13:43,750 --> 01:13:41,600

moonwalking with einstein i think it was

2082

01:13:46,550 --> 01:13:43,760

six months before he was off in

2083

01:13:47,990 --> 01:13:46,560

competitive mode uh and did quite well

2084

01:13:49,270 --> 01:13:48,000

so it doesn't have to take that long

2085

01:13:51,030 --> 01:13:49,280

yeah deck of cards though is not

2086

01:13:53,189 --> 01:13:51,040

necessarily the high order goal that a

2087

01:13:56,310 --> 01:13:53,199

lot of people i was i was being

2088

01:13:58,310 --> 01:13:56,320

facetious right right but in any case if

2089

01:14:00,630 --> 01:13:58,320

you if you wanted to uh boost up

2090

01:14:02,310 --> 01:14:00,640

memorizing sanskrit then within a

2091

01:14:04,550 --> 01:14:02,320

weekend you would have to be able to

2092

01:14:06,470 --> 01:14:04,560

memorize sanskrit how about this anthony

2093

01:14:07,750 --> 01:14:06,480

if you don't mind is there a way is

2094

01:14:09,910 --> 01:14:07,760

there some exercise you can take me

2095

01:14:12,310 --> 01:14:09,920

through right now that would

2096

01:14:14,070 --> 01:14:12,320

put my mind that would calm

2097

01:14:16,070 --> 01:14:14,080

me

2098

01:14:17,510 --> 01:14:16,080

not that i have a problem with being

2099

01:14:19,189 --> 01:14:17,520

not that i'm not calm right now speaking

2100

01:14:20,550 --> 01:14:19,199

to you but i'm but i'm

2101

01:14:22,630 --> 01:14:20,560

i'm curious

2102

01:14:25,270 --> 01:14:22,640

yeah so a very simple one is is called

2103

01:14:26,390 --> 01:14:25,280

uh kirtan kriya which is you take your

2104

01:14:28,480 --> 01:14:26,400

hands like this

2105

01:14:44,149 --> 01:14:28,490

and you go

2106

01:14:46,709 --> 01:14:45,350

apparently in the science you've got to

2107

01:14:47,990 --> 01:14:46,719

do this like for two and a half minutes

2108

01:14:49,350 --> 01:14:48,000

or three minutes or something okay to

2109

01:14:51,750 --> 01:14:49,360

start to get a benefit and i have to say

2110

01:14:54,070 --> 01:14:51,760

it aloud or it can say it in my head

2111

01:14:55,350 --> 01:14:54,080

i think you could do both okay

2112

01:14:57,110 --> 01:14:55,360

uh

2113

01:15:01,189 --> 01:14:57,120

now

2114

01:15:02,470 --> 01:15:01,199

syllables mean something i really don't

2115

01:15:04,950 --> 01:15:02,480

know whether they mean something or not

2116

01:15:07,350 --> 01:15:04,960

and i i don't i don't care but

2117

01:15:09,270 --> 01:15:07,360

the the research shows that this

2118

01:15:11,110 --> 01:15:09,280

improves memory concentration and so

2119

01:15:13,110 --> 01:15:11,120

forth and we can do it together for as

2120

01:15:14,709 --> 01:15:13,120

long as you want

2121

01:15:16,149 --> 01:15:14,719

but if you want to get more benefit from

2122

01:15:19,990 --> 01:15:16,159

it you don't have to just go

2123

01:15:20,000 --> 01:15:25,430

you can also go

2124

01:15:28,870 --> 01:15:27,350

skip the syllables

2125

01:15:31,110 --> 01:15:28,880

now what does that do for you well that

2126

01:15:32,950 --> 01:15:31,120

starts to train you in how memory

2127

01:15:35,510 --> 01:15:32,960

techniques work in terms of giving

2128

01:15:37,910 --> 01:15:35,520

premises and recency you through serial

2129

01:15:40,149 --> 01:15:37,920

positioning effect to different quote

2130

01:15:42,229 --> 01:15:40,159

unquote stations in space

2131

01:15:43,750 --> 01:15:42,239

and that includes concentration a lot

2132

01:15:45,910 --> 01:15:43,760

because then it becomes a bit of a game

2133

01:15:47,189 --> 01:15:45,920

that's challenging

2134

01:15:51,110 --> 01:15:47,199

have you

2135

01:15:53,189 --> 01:15:51,120

experimented at all with dual and back

2136

01:15:55,350 --> 01:15:53,199

yeah and you know those things relate to

2137

01:15:57,510 --> 01:15:55,360

these kinds of exercises

2138

01:15:59,430 --> 01:15:57,520

what i like about this as opposed to

2139

01:16:01,750 --> 01:15:59,440

those softwares that people put together

2140

01:16:03,189 --> 01:16:01,760

is it's in your hands you're you're

2141

01:16:05,430 --> 01:16:03,199

producing it

2142

01:16:07,030 --> 01:16:05,440

yourself which creates a bit more of a

2143

01:16:09,669 --> 01:16:07,040

challenge it also creates more

2144

01:16:11,669 --> 01:16:09,679

frustration at some level but if you can

2145

01:16:12,870 --> 01:16:11,679

show up to balance that curve between

2146

01:16:14,310 --> 01:16:12,880

challenge and frustration i think you

2147

01:16:16,950 --> 01:16:14,320

get more benefits out of it because

2148

01:16:18,870 --> 01:16:16,960

you're improving the very field of your

2149

01:16:20,470 --> 01:16:18,880

conscious experience

2150

01:16:22,470 --> 01:16:20,480

by using the field itself without

2151

01:16:23,750 --> 01:16:22,480

external reference

2152

01:16:25,750 --> 01:16:23,760

even if

2153

01:16:26,870 --> 01:16:25,760

what i'm suggesting to you is externally

2154

01:16:28,390 --> 01:16:26,880

referenced

2155

01:16:29,830 --> 01:16:28,400

you know okay so i'm going to try this

2156

01:16:33,830 --> 01:16:29,840

right now if i make a fool of myself

2157

01:16:35,350 --> 01:16:33,840

just please forgive me so i'm going to

2158

01:16:36,870 --> 01:16:35,360

going to play around with this and i

2159

01:16:39,110 --> 01:16:36,880

know this may be boring to you for a

2160

01:16:40,470 --> 01:16:39,120

minute or so but is it all right if i

2161

01:16:46,870 --> 01:16:40,480

do this yeah

2162

01:16:46,880 --> 01:16:57,669

okay

2163

01:16:57,679 --> 01:17:05,110

uh

2164

01:17:08,870 --> 01:17:07,590

now what i'm doing right now

2165

01:17:10,709 --> 01:17:08,880

is

2166

01:17:16,550 --> 01:17:10,719

almost as if i'm playing my own game in

2167

01:17:19,830 --> 01:17:17,990

i'm choosing

2168

01:17:21,430 --> 01:17:19,840

i'm trying to choose randomly obviously

2169

01:17:23,830 --> 01:17:21,440

you can't manufacture your own

2170

01:17:25,510 --> 01:17:23,840

randomness but as randomly as i can

2171

01:17:27,910 --> 01:17:25,520

choose

2172

01:17:29,990 --> 01:17:27,920

a different syllable for a different

2173

01:17:33,990 --> 01:17:30,000

finger and to try to remember that for

2174

01:17:37,910 --> 01:17:35,590

now is that the

2175

01:17:39,990 --> 01:17:37,920

is that the correct way or am i just

2176

01:17:41,830 --> 01:17:40,000

ruining the exercise how should i be

2177

01:17:43,430 --> 01:17:41,840

doing this essentially

2178

01:17:45,270 --> 01:17:43,440

well it comes back to what you said like

2179

01:17:46,870 --> 01:17:45,280

let's have a goal so if we have a goal

2180

01:17:48,550 --> 01:17:46,880

then we can think about whether the

2181

01:17:50,630 --> 01:17:48,560

technique is correct for getting to that

2182

01:17:52,950 --> 01:17:50,640

goal or not right

2183

01:17:56,470 --> 01:17:52,960

playing around and experimenting is is

2184

01:17:59,990 --> 01:17:58,550

in in what i have tried to do maybe we

2185

01:18:01,669 --> 01:18:00,000

should talk about what i tried to do

2186

01:18:03,189 --> 01:18:01,679

yeah sure you know like what do you what

2187

01:18:04,390 --> 01:18:03,199

are your daily practices how about we

2188

01:18:06,229 --> 01:18:04,400

get to that that's a question i ask

2189

01:18:08,870 --> 01:18:06,239

everyone

2190

01:18:10,310 --> 01:18:08,880

right in the exordium but i didn't ask

2191

01:18:12,790 --> 01:18:10,320

you and i apologize so what are your

2192

01:18:14,709 --> 01:18:12,800

daily rituals what are your practices

2193

01:18:16,390 --> 01:18:14,719

these practices are all oriented towards

2194

01:18:18,630 --> 01:18:16,400

a specific goal

2195

01:18:20,470 --> 01:18:18,640

which is

2196

01:18:23,110 --> 01:18:20,480

can you silence your mind can you

2197

01:18:23,830 --> 01:18:23,120

experience complete mental silence and

2198

01:18:26,149 --> 01:18:23,840

so

2199

01:18:28,709 --> 01:18:26,159

the practice is there and this is pretty

2200

01:18:30,870 --> 01:18:28,719

much daily i'm quite good but nobody's i

2201

01:18:32,229 --> 01:18:30,880

don't think anybody's 100 percent but

2202

01:18:34,390 --> 01:18:32,239

i'm pretty close

2203

01:18:37,110 --> 01:18:34,400

every day i recite

2204

01:18:40,149 --> 01:18:37,120

what is a growing body of

2205

01:18:42,550 --> 01:18:40,159

sanskrit verses that i've memorized

2206

01:18:43,350 --> 01:18:42,560

and i stretch do a little bit of you

2207

01:18:45,669 --> 01:18:43,360

know

2208

01:18:46,870 --> 01:18:45,679

kind of like yoga stuff

2209

01:18:48,709 --> 01:18:46,880

and

2210

01:18:50,630 --> 01:18:48,719

do a bit of silent meditation do some

2211

01:18:52,229 --> 01:18:50,640

walking do some journaling

2212

01:18:53,910 --> 01:18:52,239

and then i do

2213

01:18:55,990 --> 01:18:53,920

what in some of these traditions they

2214

01:18:56,950 --> 01:18:56,000

call karma yoga which is just to do my

2215

01:18:58,870 --> 01:18:56,960

work

2216

01:19:00,070 --> 01:18:58,880

and let go of the outcome literally

2217

01:19:01,590 --> 01:19:00,080

practicing

2218

01:19:03,270 --> 01:19:01,600

letting go of the outcome you know

2219

01:19:06,070 --> 01:19:03,280

because thoughts will arise like oh i

2220

01:19:08,229 --> 01:19:06,080

hope this is a successful day etc i hope

2221

01:19:09,990 --> 01:19:08,239

that this helps that person or if only

2222

01:19:11,750 --> 01:19:10,000

this number was higher yeah yeah yeah

2223

01:19:13,669 --> 01:19:11,760

you know all this vanity metrics that

2224

01:19:15,750 --> 01:19:13,679

you get into when you're

2225

01:19:18,149 --> 01:19:15,760

on the internet and just let it go

2226

01:19:19,669 --> 01:19:18,159

practice letting go letting go let it go

2227

01:19:21,910 --> 01:19:19,679

um

2228

01:19:24,870 --> 01:19:21,920

so basically my ritual is to just do

2229

01:19:27,910 --> 01:19:24,880

that all day long but i premise it or

2230

01:19:28,870 --> 01:19:27,920

preface it and premise it upon

2231

01:19:31,030 --> 01:19:28,880

daily

2232

01:19:34,390 --> 01:19:31,040

recitation of what i memorized not every

2233

01:19:35,910 --> 01:19:34,400

day but often memorizing another piece

2234

01:19:38,630 --> 01:19:35,920

to learn more about the philosophy to

2235

01:19:40,550 --> 01:19:38,640

have a longer meditation uh so that it

2236

01:19:43,350 --> 01:19:40,560

incrementally grows in time

2237

01:19:45,669 --> 01:19:43,360

and uh just to reflect upon the practice

2238

01:19:48,630 --> 01:19:45,679

itself uh

2239

01:19:50,470 --> 01:19:48,640

that's that's basically it

2240

01:19:54,310 --> 01:19:50,480

do you mind giving me some

2241

01:19:59,110 --> 01:19:55,669

letting go

2242

01:20:03,430 --> 01:20:02,149

yeah uh i could give lots of tips uh

2243

01:20:04,950 --> 01:20:03,440

i think

2244

01:20:08,630 --> 01:20:04,960

the the interesting thing for me about

2245

01:20:10,630 --> 01:20:08,640

it and this is the tip is to try to

2246

01:20:14,310 --> 01:20:10,640

to try to realize that

2247

01:20:16,550 --> 01:20:14,320

you you have a mind that allows you to

2248

01:20:17,750 --> 01:20:16,560

be aware that you have a mind

2249

01:20:18,870 --> 01:20:17,760

and

2250

01:20:21,270 --> 01:20:18,880

everything that's coming into

2251

01:20:23,590 --> 01:20:21,280

consciousness

2252

01:20:24,550 --> 01:20:23,600

is the mind is that mind it is that

2253

01:20:26,550 --> 01:20:24,560

thing

2254

01:20:28,550 --> 01:20:26,560

that you are

2255

01:20:31,030 --> 01:20:28,560

wrestling with right

2256

01:20:34,070 --> 01:20:31,040

so this kind of comes back to oneness

2257

01:20:36,390 --> 01:20:34,080

and what is nonduality really right

2258

01:20:37,830 --> 01:20:36,400

is nonduality sitting around and like

2259

01:20:39,590 --> 01:20:37,840

trying to stop your mind and have

2260

01:20:41,830 --> 01:20:39,600

silence all the time or whatever which i

2261

01:20:43,510 --> 01:20:41,840

think is a fun goal i i do work on it i

2262

01:20:44,550 --> 01:20:43,520

have had these experiences of total

2263

01:20:46,630 --> 01:20:44,560

silence

2264

01:20:48,709 --> 01:20:46,640

but the real tip is is just to be able

2265

01:20:52,870 --> 01:20:48,719

to be in a position where you just deal

2266

01:20:55,110 --> 01:20:52,880

with whatever comes period right and so

2267

01:20:56,070 --> 01:20:55,120

you know as much as i've practiced over

2268

01:20:57,830 --> 01:20:56,080

the years

2269

01:21:00,709 --> 01:20:57,840

something will still happen and i'll get

2270

01:21:03,030 --> 01:21:00,719

pissed off and then just be able to

2271

01:21:05,910 --> 01:21:03,040

wait this is a thing that's appearing in

2272

01:21:08,470 --> 01:21:05,920

this field of consciousness

2273

01:21:10,550 --> 01:21:08,480

and then just deal with it work with it

2274

01:21:12,470 --> 01:21:10,560

yeah and just you know you know a lot of

2275

01:21:13,669 --> 01:21:12,480

people will say label it

2276

01:21:15,189 --> 01:21:13,679

but then

2277

01:21:16,709 --> 01:21:15,199

i think you go deeper

2278

01:21:19,350 --> 01:21:16,719

or deeper

2279

01:21:21,830 --> 01:21:19,360

you you just say i'm you realize you're

2280

01:21:23,189 --> 01:21:21,840

even labeling the thing and then you're

2281

01:21:25,270 --> 01:21:23,199

why are you doing it well because you

2282

01:21:27,669 --> 01:21:25,280

have this fantasy that some strategy of

2283

01:21:29,990 --> 01:21:27,679

labeling is going to now dissolve or

2284

01:21:31,189 --> 01:21:30,000

neutralize the anger whereas there's

2285

01:21:34,709 --> 01:21:31,199

also

2286

01:21:37,110 --> 01:21:34,719

the realization of the idea that doing

2287

01:21:39,110 --> 01:21:37,120

something in response to the lab you

2288

01:21:41,830 --> 01:21:39,120

know is then going to have this magic

2289

01:21:45,189 --> 01:21:41,840

effect i see i think really what you are

2290

01:21:46,870 --> 01:21:45,199

doing i'm trying to do is be more aware

2291

01:21:48,550 --> 01:21:46,880

of this

2292

01:21:50,630 --> 01:21:48,560

idea that there's magic that you could

2293

01:21:52,629 --> 01:21:50,640

somehow change

2294

01:21:55,189 --> 01:21:52,639

whatever your biology is doing as

2295

01:21:57,270 --> 01:21:55,199

opposed to having strategies to just be

2296

01:21:58,950 --> 01:21:57,280

with the biology

2297

01:22:01,590 --> 01:21:58,960

you know like eckhart tolle would say

2298

01:22:03,990 --> 01:22:01,600

beyond name and form you know just

2299

01:22:06,470 --> 01:22:04,000

even the guy who shows up to label the

2300

01:22:07,990 --> 01:22:06,480

experience as if the labeling is somehow

2301

01:22:09,669 --> 01:22:08,000

going to do something

2302

01:22:11,669 --> 01:22:09,679

you're now

2303

01:22:13,189 --> 01:22:11,679

experiencing that as yet another thing

2304

01:22:15,350 --> 01:22:13,199

that is appearing in this field of

2305

01:22:17,669 --> 01:22:15,360

consciousness okay so working on that

2306

01:22:19,669 --> 01:22:17,679

practice is the biggest tip how do you

2307

01:22:21,750 --> 01:22:19,679

do that well you just get started and

2308

01:22:24,149 --> 01:22:21,760

you keep practicing and you set up the

2309

01:22:26,310 --> 01:22:24,159

game so that your mind yourself reminds

2310

01:22:27,830 --> 01:22:26,320

you and that's procedural memory

2311

01:22:30,870 --> 01:22:27,840

how do you do that well i would highly

2312

01:22:33,510 --> 01:22:30,880

recommend memorizing some text that is

2313

01:22:35,910 --> 01:22:33,520

written for that precise purpose

2314

01:22:36,950 --> 01:22:35,920

and do it daily and even throughout the

2315

01:22:38,870 --> 01:22:36,960

day

2316

01:22:40,629 --> 01:22:38,880

so that instead of oh now i'm going to

2317

01:22:43,350 --> 01:22:40,639

label angry and then that's going to

2318

01:22:45,189 --> 01:22:43,360

like help me it set instead of that you

2319

01:22:46,790 --> 01:22:45,199

have something else which is more like

2320

01:22:48,790 --> 01:22:46,800

what i talked about in the ted talks are

2321

01:22:51,110 --> 01:22:48,800

these thoughts useful how do they behave

2322

01:22:53,830 --> 01:22:51,120

there's 30 or there's 28 more questions

2323

01:22:56,070 --> 01:22:53,840

that you can ask and they're very useful

2324

01:22:57,990 --> 01:22:56,080

i have about 28 questions right now so

2325

01:22:58,950 --> 01:22:58,000

i'll pick one or two of them one of them

2326

01:23:00,709 --> 01:22:58,960

is

2327

01:23:01,830 --> 01:23:00,719

when you mention how do i how does how

2328

01:23:03,510 --> 01:23:01,840

do these thoughts behave that one

2329

01:23:05,750 --> 01:23:03,520

actually isn't useful for me the first

2330

01:23:07,350 --> 01:23:05,760

one is i actually like that first one i

2331

01:23:09,430 --> 01:23:07,360

used it last night are these thoughts

2332

01:23:10,950 --> 01:23:09,440

useful but then how do i how do these

2333

01:23:12,629 --> 01:23:10,960

thoughts behave

2334

01:23:14,550 --> 01:23:12,639

i don't know

2335

01:23:15,830 --> 01:23:14,560

why this is but for whatever reason that

2336

01:23:18,310 --> 01:23:15,840

actually brings me into more

2337

01:23:19,590 --> 01:23:18,320

introspection and makes me observe the

2338

01:23:21,270 --> 01:23:19,600

thoughts and watch how they flow and

2339

01:23:23,270 --> 01:23:21,280

relate to one another rather than an

2340

01:23:25,189 --> 01:23:23,280

elimination of the thoughts or a

2341

01:23:26,709 --> 01:23:25,199

calmness of the mind it's more like

2342

01:23:29,430 --> 01:23:26,719

that's helping me

2343

01:23:31,510 --> 01:23:29,440

think about thoughts which is still

2344

01:23:33,590 --> 01:23:31,520

thinking so i like the first one i

2345

01:23:34,390 --> 01:23:33,600

didn't find the second one helpful but

2346

01:23:37,990 --> 01:23:34,400

i

2347

01:23:39,910 --> 01:23:38,000

to what you have when you say how do

2348

01:23:41,270 --> 01:23:39,920

these thoughts behave maybe i'm thinking

2349

01:23:42,550 --> 01:23:41,280

of it differently forget about that

2350

01:23:44,229 --> 01:23:42,560

we're going to put it to the side and i

2351

01:23:46,550 --> 01:23:44,239

can come back to that what you mentioned

2352

01:23:47,430 --> 01:23:46,560

earlier was

2353

01:23:49,590 --> 01:23:47,440

that

2354

01:23:51,990 --> 01:23:49,600

let's imagine there's irritation

2355

01:23:53,590 --> 01:23:52,000

annoyance anger fear

2356

01:23:55,510 --> 01:23:53,600

boredom these

2357

01:23:59,590 --> 01:23:55,520

let's

2358

01:24:01,669 --> 01:23:59,600

you're saying

2359

01:24:03,350 --> 01:24:01,679

kurt if you go into it thinking i don't

2360

01:24:07,110 --> 01:24:03,360

want this so let me apply some technique

2361

01:24:08,870 --> 01:24:07,120

to eliminate it that itself is

2362

01:24:11,270 --> 01:24:08,880

well

2363

01:24:13,750 --> 01:24:11,280

it's still an an object in consciousness

2364

01:24:15,750 --> 01:24:13,760

it's still a want and thus you're not

2365

01:24:19,510 --> 01:24:15,760

getting to the core of the issue instead

2366

01:24:23,830 --> 01:24:22,070

the elimination of boredom or anxiety or

2367

01:24:27,510 --> 01:24:23,840

fear or anger

2368

01:24:29,270 --> 01:24:27,520

is more the result of some other process

2369

01:24:31,510 --> 01:24:29,280

and but if you try to just eliminate it

2370

01:24:35,510 --> 01:24:31,520

then you're going about it incorrectly

2371

01:24:37,350 --> 01:24:35,520

is that correct or is that inane

2372

01:24:38,790 --> 01:24:37,360

no i just would

2373

01:24:40,950 --> 01:24:38,800

would say that the

2374

01:24:43,510 --> 01:24:40,960

the observation would then be correct

2375

01:24:45,750 --> 01:24:43,520

according to what according to to whom

2376

01:24:47,830 --> 01:24:45,760

and to who is it

2377

01:24:49,990 --> 01:24:47,840

that the very notion of correctness

2378

01:24:52,390 --> 01:24:50,000

appears so this is where it can sound

2379

01:24:53,750 --> 01:24:52,400

like super frustrating but in a lot of

2380

01:24:56,229 --> 01:24:53,760

these non-duality things it's just like

2381

01:24:57,350 --> 01:24:56,239

this is where your foucault comes out

2382

01:25:00,550 --> 01:24:57,360

maybe

2383

01:25:02,390 --> 01:25:00,560

because foucault and non-duality are not

2384

01:25:04,390 --> 01:25:02,400

that different not that different right

2385

01:25:07,430 --> 01:25:04,400

what is foucault saying at least in

2386

01:25:08,709 --> 01:25:07,440

crime or discipline and punish um he's

2387

01:25:09,910 --> 01:25:08,719

saying

2388

01:25:12,070 --> 01:25:09,920

well yeah

2389

01:25:14,870 --> 01:25:12,080

these these peripraxies and freudian

2390

01:25:18,310 --> 01:25:14,880

slips are always fascinating if you want

2391

01:25:20,550 --> 01:25:18,320

to indulge in being fascinated by

2392

01:25:23,189 --> 01:25:20,560

okay okay which i do sometimes but

2393

01:25:26,229 --> 01:25:23,199

anyway the point is you know foucault is

2394

01:25:28,870 --> 01:25:26,239

talking about a process by which you

2395

01:25:31,030 --> 01:25:28,880

internalize the surveillance so that the

2396

01:25:34,229 --> 01:25:31,040

surveillance doesn't even have to exist

2397

01:25:37,189 --> 01:25:35,590

let me stop you there okay let me think

2398

01:25:39,430 --> 01:25:37,199

about that internalize the surveillance

2399

01:25:41,350 --> 01:25:39,440

so that the surveillance doesn't exist

2400

01:25:42,550 --> 01:25:41,360

it doesn't have to it doesn't have to

2401

01:25:44,709 --> 01:25:42,560

exist

2402

01:25:45,669 --> 01:25:44,719

that subtlety matters yeah do you mind

2403

01:25:47,510 --> 01:25:45,679

explaining what that means so

2404

01:25:48,709 --> 01:25:47,520

internalize the surveillance first let's

2405

01:25:50,470 --> 01:25:48,719

take it right there so what is the

2406

01:25:52,310 --> 01:25:50,480

surveillance

2407

01:25:54,870 --> 01:25:52,320

well we're now like playing a game here

2408

01:25:57,510 --> 01:25:54,880

where foucault is now suddenly a a great

2409

01:25:59,189 --> 01:25:57,520

sage but um

2410

01:25:59,990 --> 01:25:59,199

i think that it's a i think it's a good

2411

01:26:12,870 --> 01:26:00,000

a

2412

01:26:15,510 --> 01:26:12,880

prisoner

2413

01:26:18,709 --> 01:26:15,520

has internalized the image of the camera

2414

01:26:19,830 --> 01:26:18,719

to such an extent that they behave as if

2415

01:26:21,510 --> 01:26:19,840

it was real

2416

01:26:24,470 --> 01:26:21,520

and they behave in such a way that they

2417

01:26:26,950 --> 01:26:24,480

monitor their own behavior as if the

2418

01:26:29,270 --> 01:26:26,960

consequences of the camera that may or

2419

01:26:31,189 --> 01:26:29,280

may not be real is real and those

2420

01:26:32,390 --> 01:26:31,199

consequences are real

2421

01:26:33,990 --> 01:26:32,400

so

2422

01:26:36,550 --> 01:26:34,000

if we translate that to the idea of

2423

01:26:38,709 --> 01:26:36,560

non-duality and the spiritual or

2424

01:26:40,390 --> 01:26:38,719

philosophical state of being able to

2425

01:26:42,790 --> 01:26:40,400

manage yourself

2426

01:26:45,189 --> 01:26:42,800

to such an extent that you are free and

2427

01:26:47,189 --> 01:26:45,199

peaceful and satwik as they say in uh

2428

01:26:49,189 --> 01:26:47,199

sanskrit which is just you know

2429

01:26:50,790 --> 01:26:49,199

bliss uh

2430

01:26:52,110 --> 01:26:50,800

well then that

2431

01:26:55,189 --> 01:26:52,120

yeah it's

2432

01:26:57,110 --> 01:26:55,199

s-a-t-t-v-i-c uh so i guess it i'm not a

2433

01:26:58,870 --> 01:26:57,120

sanskritist but i guess if you're like

2434

01:27:01,510 --> 01:26:58,880

really hardcore whatever a lot of that i

2435

01:27:03,910 --> 01:27:01,520

got a lot of these become w's like it's

2436

01:27:05,510 --> 01:27:03,920

bagawad gita not bhagavad anyway

2437

01:27:07,030 --> 01:27:05,520

whatever oh okay okay that's the

2438

01:27:08,390 --> 01:27:07,040

opposite of german well i mean like

2439

01:27:09,990 --> 01:27:08,400

german takes the doubles and making it

2440

01:27:13,510 --> 01:27:10,000

into a v

2441

01:27:14,550 --> 01:27:13,520

yeah i mean i guess i guess i guess so

2442

01:27:20,870 --> 01:27:14,560

um

2443

01:27:22,390 --> 01:27:20,880

in any case

2444

01:27:24,550 --> 01:27:22,400

i think i think it's an interesting way

2445

01:27:26,550 --> 01:27:24,560

to think about it because

2446

01:27:27,910 --> 01:27:26,560

if you read someone like shinzen young's

2447

01:27:28,870 --> 01:27:27,920

the science of enlightenment which is a

2448

01:27:30,550 --> 01:27:28,880

great book

2449

01:27:33,430 --> 01:27:30,560

he basically says

2450

01:27:36,229 --> 01:27:33,440

do all the stuff meditate etc but the

2451
01:27:38,950 --> 01:27:36,239
minute you think that you're somehow in

2452
01:27:41,270 --> 01:27:38,960
a blissful state or whatever that's the

2453
01:27:42,629 --> 01:27:41,280
minute that you say to whom is this

2454
01:27:44,629 --> 01:27:42,639
actually occurring

2455
01:27:47,430 --> 01:27:44,639
well who is it that thinks oh now this

2456
01:27:50,149 --> 01:27:47,440
is bliss right that's what you're after

2457
01:27:52,390 --> 01:27:50,159
you're after the image

2458
01:27:53,910 --> 01:27:52,400
that thinks it is experiencing the image

2459
01:27:57,350 --> 01:27:53,920
as if it's somehow different than the

2460
01:27:58,550 --> 01:27:57,360
image that it's experiencing right okay

2461
01:28:00,709 --> 01:27:58,560
and so now if we go back to the

2462
01:28:03,030 --> 01:28:00,719
panopticon thing the goal of the

2463
01:28:05,110 --> 01:28:03,040

surveillance state is to make it that

2464

01:28:06,550 --> 01:28:05,120

that person is so connected with the

2465

01:28:08,470 --> 01:28:06,560

idea of surveillance that the

2466

01:28:10,950 --> 01:28:08,480

surveillance doesn't even have to exist

2467

01:28:12,950 --> 01:28:10,960

they are just obedient power has

2468

01:28:15,430 --> 01:28:12,960

conducted the conduct of others to such

2469

01:28:16,790 --> 01:28:15,440

an extent that they obey even in the

2470

01:28:19,189 --> 01:28:16,800

absence of

2471

01:28:21,910 --> 01:28:19,199

something to monitor this and shenzhen

2472

01:28:23,990 --> 01:28:21,920

young is essentially saying that true

2473

01:28:26,470 --> 01:28:24,000

non-dual experience

2474

01:28:28,310 --> 01:28:26,480

has had something exactly like that you

2475

01:28:30,310 --> 01:28:28,320

no longer are sitting there thinking i'm

2476

01:28:33,430 --> 01:28:30,320

blissful or i'm not blissful or yadda

2477

01:28:35,830 --> 01:28:33,440

yadda yadda you are now just so one with

2478

01:28:37,669 --> 01:28:35,840

whatever is happening that you are what

2479

01:28:40,390 --> 01:28:37,679

is happening you don't sit there and

2480

01:28:42,310 --> 01:28:40,400

monitor it you don't have the this idea

2481

01:28:44,870 --> 01:28:42,320

that you know oh this is an image that's

2482

01:28:47,030 --> 01:28:44,880

appearing in me and the image now has

2483

01:28:50,310 --> 01:28:47,040

multiple images inside of it no no this

2484

01:28:52,790 --> 01:28:50,320

is all just disappeared it is now just

2485

01:28:54,390 --> 01:28:52,800

happening without commentary right

2486

01:28:57,110 --> 01:28:54,400

because

2487

01:28:59,830 --> 01:28:57,120

you now know that

2488

01:29:01,669 --> 01:28:59,840

you are it the the sanskrit tattoo you

2489

01:29:03,750 --> 01:29:01,679

are that

2490

01:29:05,350 --> 01:29:03,760

that's two thoughts occur to me anthony

2491

01:29:08,229 --> 01:29:05,360

when i hear that

2492

01:29:10,950 --> 01:29:09,669

an objection

2493

01:29:12,709 --> 01:29:10,960

one is

2494

01:29:14,629 --> 01:29:12,719

how do i know this is not i'm not

2495

01:29:16,790 --> 01:29:14,639

fighting dory it's just

2496

01:29:19,750 --> 01:29:16,800

intellectual curiosity how does one know

2497

01:29:21,910 --> 01:29:19,760

that the feeling of the screen

2498

01:29:23,030 --> 01:29:21,920

or is the perceiver and the perceived

2499

01:29:24,790 --> 01:29:23,040

being

2500

01:29:27,430 --> 01:29:24,800

one of the same how does one know that

2501

01:29:29,669 --> 01:29:27,440

that itself is not an illusion

2502

01:29:32,229 --> 01:29:29,679

in the same way that we're so deluded on

2503

01:29:33,110 --> 01:29:32,239

a regular basis in our everyday life is

2504

01:29:35,030 --> 01:29:33,120

to thinking that there's that

2505

01:29:36,550 --> 01:29:35,040

distinction and then one says well you

2506

01:29:38,629 --> 01:29:36,560

can get to a state where that's blurred

2507

01:29:39,830 --> 01:29:38,639

and it's all one and you no longer have

2508

01:29:41,430 --> 01:29:39,840

that

2509

01:29:42,550 --> 01:29:41,440

distancing it's all just

2510

01:29:47,270 --> 01:29:42,560

one

2511

01:29:48,390 --> 01:29:47,280

that itself is not an illusion that's

2512

01:29:50,070 --> 01:29:48,400

question number one i'm gonna get back

2513

01:29:53,510 --> 01:29:50,080

to that don't worry i'll delineate these

2514

01:29:55,990 --> 01:29:53,520

again then question number two was

2515

01:29:58,070 --> 01:29:56,000

was about the point of it

2516

01:30:00,470 --> 01:29:58,080

sometimes when i hear people in the

2517

01:30:02,709 --> 01:30:00,480

non-duality community speak nothing

2518

01:30:04,950 --> 01:30:02,719

against non-duality i think i may be on

2519

01:30:06,870 --> 01:30:04,960

the route to becoming a non-dualist i

2520

01:30:08,950 --> 01:30:06,880

don't know i don't know as i explore

2521

01:30:10,390 --> 01:30:08,960

this podcast more and more i'm getting

2522

01:30:12,390 --> 01:30:10,400

pulled in so many directions that i'm

2523

01:30:13,030 --> 01:30:12,400

becoming both a dualist a pluralist and

2524

01:30:16,390 --> 01:30:13,040

a

2525

01:30:17,830 --> 01:30:16,400

it's

2526

01:30:19,990 --> 01:30:17,840

if that's the point that's the point

2527

01:30:21,110 --> 01:30:20,000

right because if you really get into

2528

01:30:22,870 --> 01:30:21,120

this

2529

01:30:25,430 --> 01:30:22,880

the answer to the question is another

2530

01:30:26,550 --> 01:30:25,440

question to whom is the very question

2531

01:30:29,189 --> 01:30:26,560

appearing

2532

01:30:31,430 --> 01:30:29,199

right and from a non-dualist perspective

2533

01:30:33,350 --> 01:30:31,440

the question is appearing to us right

2534

01:30:35,030 --> 01:30:33,360

now as we're connected in this one

2535

01:30:36,790 --> 01:30:35,040

moment we are

2536

01:30:38,229 --> 01:30:36,800

it's irrelevant whether there's a god or

2537

01:30:40,310 --> 01:30:38,239

there isn't a god it's irrelevant

2538

01:30:42,390 --> 01:30:40,320

whether there's duality or non-duality

2539

01:30:45,350 --> 01:30:42,400

or all that sort of stuff

2540

01:30:47,189 --> 01:30:45,360

this is it right and five minutes ago

2541

01:30:48,629 --> 01:30:47,199

was it five minutes from now well what

2542

01:30:50,470 --> 01:30:48,639

is five minutes from now five minutes

2543

01:30:54,149 --> 01:30:50,480

from now is an image that's appearing to

2544

01:30:56,070 --> 01:30:54,159

us right now as we converge upon then

2545

01:30:57,750 --> 01:30:56,080

yeah so i know it's frustrating but

2546

01:30:58,629 --> 01:30:57,760

that's basically what they're trying to

2547

01:31:01,590 --> 01:30:58,639

get at

2548

01:31:04,149 --> 01:31:01,600

that was that i find insightful which is

2549

01:31:05,750 --> 01:31:04,159

the understanding that the future itself

2550

01:31:08,070 --> 01:31:05,760

the concept of the future itself is

2551
01:31:09,830 --> 01:31:08,080
another content in consciousness and all

2552
01:31:11,350 --> 01:31:09,840
that you have our contents and

2553
01:31:12,950 --> 01:31:11,360
consciousness including the concept of

2554
01:31:15,189 --> 01:31:12,960
time including the concepts including

2555
01:31:16,709 --> 01:31:15,199
the concept of having anything

2556
01:31:18,709 --> 01:31:16,719
right including the concept of having

2557
01:31:19,669 --> 01:31:18,719
including the concept of consciousness

2558
01:31:21,990 --> 01:31:19,679
itself

2559
01:31:24,390 --> 01:31:22,000
so well that one it's

2560
01:31:26,950 --> 01:31:24,400
it's far too

2561
01:31:28,870 --> 01:31:26,960
meta for me to experience

2562
01:31:30,390 --> 01:31:28,880
during this conversation that one i

2563
01:31:31,510 --> 01:31:30,400

imagine i would need to close my eyes

2564

01:31:32,709 --> 01:31:31,520

because i'm not as trained as you i

2565

01:31:35,430 --> 01:31:32,719

would need to close my eyes for about 10

2566

01:31:36,709 --> 01:31:35,440

minutes to get to a state where i can

2567

01:31:38,790 --> 01:31:36,719

where i can understand that at an

2568

01:31:40,149 --> 01:31:38,800

intuitive level or i can experience it

2569

01:31:41,990 --> 01:31:40,159

rather than try to intellectually

2570

01:31:43,910 --> 01:31:42,000

understand it so let's forget about that

2571

01:31:45,510 --> 01:31:43,920

the first question my objection is let's

2572

01:31:46,470 --> 01:31:45,520

not forget about that because that's the

2573

01:31:48,550 --> 01:31:46,480

point

2574

01:31:50,870 --> 01:31:48,560

it's not about training or experience or

2575

01:31:53,030 --> 01:31:50,880

anything like that if you are conscious

2576

01:31:55,430 --> 01:31:53,040

you are conscious period whether you've

2577

01:31:57,910 --> 01:31:55,440

trained it or not so the idea that i

2578

01:31:59,750 --> 01:31:57,920

have more consciousness than you or or

2579

01:32:01,990 --> 01:31:59,760

the idea that some dude sitting in a

2580

01:32:03,510 --> 01:32:02,000

cave has more because he's meditated for

2581

01:32:05,750 --> 01:32:03,520

way longer than we have and he's

2582

01:32:08,390 --> 01:32:05,760

memorized way more sanskrit has more

2583

01:32:10,550 --> 01:32:08,400

consciousness than you or i do no no

2584

01:32:12,310 --> 01:32:10,560

that that's that's what we're trying to

2585

01:32:13,910 --> 01:32:12,320

eliminate or at least that's what the i

2586

01:32:15,669 --> 01:32:13,920

find the authentic teachers of this

2587

01:32:17,910 --> 01:32:15,679

tradition is trying to eliminate that

2588

01:32:20,629 --> 01:32:17,920

idea that there's somehow any sort of

2589

01:32:22,470 --> 01:32:20,639

level or difference or this that or the

2590

01:32:24,390 --> 01:32:22,480

other thing you can close your eyes you

2591

01:32:26,470 --> 01:32:24,400

cannot close your eyes it's all just

2592

01:32:28,870 --> 01:32:26,480

appearing in consciousness as it is now

2593

01:32:30,950 --> 01:32:28,880

and as consciousness is now you can't

2594

01:32:32,709 --> 01:32:30,960

take anything away from it you can't cut

2595

01:32:34,870 --> 01:32:32,719

it you can't divide it you can't this

2596

01:32:36,950 --> 01:32:34,880

that or the other thing because

2597

01:32:38,149 --> 01:32:36,960

what would that mean right it's just

2598

01:32:41,030 --> 01:32:38,159

endless

2599

01:32:42,790 --> 01:32:41,040

stacking on of trying to get at the

2600

01:32:44,229 --> 01:32:42,800

thing that is producing the thing that

2601

01:32:45,590 --> 01:32:44,239

you're

2602

01:32:47,910 --> 01:32:45,600

you know

2603

01:32:49,350 --> 01:32:47,920

i i unders i don't understand sorry i

2604

01:32:51,750 --> 01:32:49,360

understand it at intellectual level what

2605

01:32:52,709 --> 01:32:51,760

i mean to say and i know that there's an

2606

01:32:55,189 --> 01:32:52,719

absolute difference between

2607

01:32:57,110 --> 01:32:55,199

understanding it it's at an abstract

2608

01:32:58,709 --> 01:32:57,120

cognitive level versus embodying it or

2609

01:33:00,149 --> 01:32:58,719

feeling it now you may say that that's

2610

01:33:01,590 --> 01:33:00,159

also not a distinction that needs to be

2611

01:33:04,470 --> 01:33:01,600

made but i

2612

01:33:07,910 --> 01:33:04,480

when i say that what i mean to say is

2613

01:33:09,750 --> 01:33:07,920

there is absolutely a difference between

2614

01:33:11,510 --> 01:33:09,760

trying to explicate what love is and

2615

01:33:12,629 --> 01:33:11,520

define in terms of oxytocin and

2616

01:33:14,870 --> 01:33:12,639

understanding in terms of its

2617

01:33:16,390 --> 01:33:14,880

biochemical interactions and feeling

2618

01:33:17,750 --> 01:33:16,400

love those are absolutely different so

2619

01:33:19,510 --> 01:33:17,760

what i'm saying is

2620

01:33:20,550 --> 01:33:19,520

perhaps during this conversation i make

2621

01:33:23,110 --> 01:33:20,560

it get to the point where i can

2622

01:33:25,510 --> 01:33:23,120

intellectually understand the ideas of

2623

01:33:27,510 --> 01:33:25,520

non-duality but i don't think i can feel

2624

01:33:29,110 --> 01:33:27,520

it maybe i can and i would love to maybe

2625

01:33:30,070 --> 01:33:29,120

we can get through some exercise i don't

2626

01:33:31,830 --> 01:33:30,080

think i can feel it during this

2627

01:33:32,950 --> 01:33:31,840

conversation though as you

2628

01:33:34,550 --> 01:33:32,960

though

2629

01:33:36,430 --> 01:33:34,560

unlike some of the spiritual leaders

2630

01:33:38,870 --> 01:33:36,440

which would say that the

2631

01:33:41,189 --> 01:33:38,880

intellectualization of

2632

01:33:43,669 --> 01:33:41,199

some of these

2633

01:33:45,430 --> 01:33:43,679

spiritual concepts actually removes you

2634

01:33:47,189 --> 01:33:45,440

from where you should be i don't know if

2635

01:33:49,189 --> 01:33:47,199

that's the case because

2636

01:33:50,870 --> 01:33:49,199

i found what you said about the future

2637

01:33:52,070 --> 01:33:50,880

being encapsulated in the present moment

2638

01:33:53,990 --> 01:33:52,080

too

2639

01:33:56,070 --> 01:33:54,000

to be insightful and that actually helps

2640

01:33:57,590 --> 01:33:56,080

me i can imagine that helps me later

2641

01:34:00,070 --> 01:33:57,600

when i'm

2642

01:34:02,950 --> 01:34:00,080

meditating or trying to feel as if i'm

2643

01:34:06,470 --> 01:34:02,960

one or as if there's nothing else beside

2644

01:34:09,590 --> 01:34:07,990

getting back to what i was saying the

2645

01:34:11,990 --> 01:34:09,600

there's number one which is the illusion

2646

01:34:14,310 --> 01:34:12,000

how do you know that the oneness itself

2647

01:34:15,510 --> 01:34:14,320

isn't an illusion

2648

01:34:17,430 --> 01:34:15,520

i've always wondered this when sam

2649

01:34:19,110 --> 01:34:17,440

harris and many others say well the i is

2650

01:34:21,110 --> 01:34:19,120

an illusion it's a persistent illusion

2651

01:34:22,790 --> 01:34:21,120

well how do you know the

2652

01:34:26,550 --> 01:34:22,800

the idea that the eye is an illusion

2653

01:34:29,910 --> 01:34:27,910

okay so that

2654

01:34:31,910 --> 01:34:29,920

so that's one we can explore we'll get

2655

01:34:32,709 --> 01:34:31,920

back we'll get back to that number two

2656

01:34:34,070 --> 01:34:32,719

is

2657

01:34:35,350 --> 01:34:34,080

when you mentioned about quantifying

2658

01:34:37,030 --> 01:34:35,360

consciousness

2659

01:34:38,709 --> 01:34:37,040

and relating it between different people

2660

01:34:40,550 --> 01:34:38,719

like you said

2661

01:34:43,110 --> 01:34:40,560

you're not more conscious or you don't

2662

01:34:45,990 --> 01:34:43,120

have more consciousness than i do and

2663

01:34:48,550 --> 01:34:46,000

and someone in a cave who's a prodigious

2664

01:34:49,830 --> 01:34:48,560

meditator doesn't and so on so on okay

2665

01:34:50,709 --> 01:34:49,840

well that's interesting then it made me

2666

01:34:52,629 --> 01:34:50,719

wonder

2667

01:34:55,189 --> 01:34:52,639

well what about zero consciousness is

2668

01:35:00,870 --> 01:34:55,199

there such

2669

01:35:02,470 --> 01:35:00,880

existence of zero consciousness we're

2670

01:35:04,550 --> 01:35:02,480

going to explore that i'm just giving

2671

01:35:05,830 --> 01:35:04,560

you the table of contents right now

2672

01:35:08,229 --> 01:35:05,840

right and then number three what i

2673

01:35:09,910 --> 01:35:08,239

wanted to know was what's the point so

2674

01:35:12,310 --> 01:35:09,920

yeah that's the big question right the

2675

01:35:13,350 --> 01:35:12,320

pregnancy because some of these people

2676

01:35:15,510 --> 01:35:13,360

that are

2677

01:35:17,910 --> 01:35:15,520

more spiritual non-dualist types would

2678

01:35:19,830 --> 01:35:17,920

say look how little fear i have look how

2679

01:35:21,590 --> 01:35:19,840

little look how calm and equinimitable i

2680

01:35:23,550 --> 01:35:21,600

am but then

2681

01:35:26,229 --> 01:35:23,560

the point is not

2682

01:35:27,189 --> 01:35:26,239

imperturbableness it's not to pursue

2683

01:35:28,790 --> 01:35:27,199

that

2684

01:35:30,070 --> 01:35:28,800

so then i'm wondering well what is the

2685

01:35:31,590 --> 01:35:30,080

point what is the point then they're

2686

01:35:33,030 --> 01:35:31,600

like there is no point okay so then why

2687

01:35:35,910 --> 01:35:33,040

should i be like you you don't have to

2688

01:35:38,470 --> 01:35:35,920

be like me okay well what's the point of

2689

01:35:39,430 --> 01:35:38,480

what what am i to do okay those are the

2690

01:35:41,189 --> 01:35:39,440

three

2691

01:35:42,629 --> 01:35:41,199

right we have the illusion how do i know

2692

01:35:44,390 --> 01:35:42,639

that the oneness isn't an illusion

2693

01:35:46,310 --> 01:35:44,400

number two is is there such a thing as

2694

01:35:48,470 --> 01:35:46,320

zero consciousness and number three what

2695

01:35:50,390 --> 01:35:48,480

is the point let's tackle them one by

2696

01:35:51,590 --> 01:35:50,400

one is that okay well which one you want

2697

01:35:54,390 --> 01:35:51,600

to start with let's start with number

2698

01:35:56,470 --> 01:35:54,400

one so how do how does one know that the

2699

01:35:58,870 --> 01:35:56,480

illusion sorry how does one know that

2700

01:36:00,229 --> 01:35:58,880

this oneness itself isn't an illusion

2701
01:36:01,590 --> 01:36:00,239
now i'm going to change my headphones

2702
01:36:03,510 --> 01:36:01,600
because this one's about to die all

2703
01:36:05,510 --> 01:36:03,520
right

2704
01:36:06,629 --> 01:36:05,520
and i'll get a sip of water

2705
01:36:09,110 --> 01:36:06,639
good

2706
01:36:10,390 --> 01:36:09,120
i've been doing this

2707
01:36:12,470 --> 01:36:10,400
um

2708
01:36:15,990 --> 01:36:12,480
anthony i've been doing this all day but

2709
01:36:17,669 --> 01:36:16,000
this is energizing me so

2710
01:36:19,030 --> 01:36:17,679
don't worry

2711
01:36:20,149 --> 01:36:19,040
hold on i can't hear you i guess i

2712
01:36:21,830 --> 01:36:20,159
should have been supposed to give me a

2713
01:36:26,709 --> 01:36:21,840

second

2714

01:36:31,830 --> 01:36:29,270

okay hello hello hello

2715

01:36:33,750 --> 01:36:31,840

hello hello see if the people in the

2716

01:36:35,189 --> 01:36:33,760

chat are still here and how many people

2717

01:36:36,629 --> 01:36:35,199

there are and if they have any pressing

2718

01:36:38,070 --> 01:36:36,639

questions as well

2719

01:36:41,110 --> 01:36:38,080

thank you how are you enjoying this is

2720

01:36:44,229 --> 01:36:43,110

anthony

2721

01:36:47,109 --> 01:36:44,239

you're asking that to me or is it the

2722

01:36:48,550 --> 01:36:47,119

chat yeah yeah you you

2723

01:36:51,030 --> 01:36:48,560

uh

2724

01:36:53,430 --> 01:36:51,040

yeah i'm having lots of fun um

2725

01:36:54,709 --> 01:36:53,440

but i i sort of am aware that

2726

01:36:56,870 --> 01:36:54,719

this can get into like a kind of

2727

01:36:58,870 --> 01:36:56,880

intellectual noodling that

2728

01:37:00,550 --> 01:36:58,880

it is the question of always what is the

2729

01:37:02,950 --> 01:37:00,560

point and i think that a lot of the

2730

01:37:04,709 --> 01:37:02,960

point that we get to is

2731

01:37:07,350 --> 01:37:04,719

that some of us just really enjoy this

2732

01:37:09,750 --> 01:37:07,360

kind of stuff and others you know uh

2733

01:37:12,790 --> 01:37:09,760

haven't come to experience this flavor

2734

01:37:14,870 --> 01:37:12,800

of intellectual jazz but uh

2735

01:37:17,430 --> 01:37:14,880

in terms of knowing whether the

2736

01:37:20,550 --> 01:37:17,440

illusion is an illusion or it isn't i

2737

01:37:22,709 --> 01:37:20,560

don't know that we get to know and

2738

01:37:26,709 --> 01:37:22,719

that's that's the question of hard

2739

01:37:29,030 --> 01:37:26,719

solipsism versus soft solipsism or

2740

01:37:30,629 --> 01:37:29,040

no solipsism and

2741

01:37:33,270 --> 01:37:30,639

i think most people who think about this

2742

01:37:35,030 --> 01:37:33,280

agree that the threat of hard solipsism

2743

01:37:36,950 --> 01:37:35,040

whether you're in a spiritual tradition

2744

01:37:40,790 --> 01:37:36,960

or not

2745

01:37:42,550 --> 01:37:40,800

can lead to nihilism uh it's it's almost

2746

01:37:44,870 --> 01:37:42,560

you you'd be kind of strange if you

2747

01:37:47,430 --> 01:37:44,880

didn't go through nihilism as a result

2748

01:37:48,390 --> 01:37:47,440

of this these thought processes if only

2749

01:37:49,830 --> 01:37:48,400

for a time

2750

01:37:51,590 --> 01:37:49,840

and in the spiritual world they often

2751

01:37:53,830 --> 01:37:51,600

call that the dark knight of the soul

2752

01:37:55,350 --> 01:37:53,840

you know because you can't know

2753

01:37:57,750 --> 01:37:55,360

you can't know whether it's an illusion

2754

01:38:00,229 --> 01:37:57,760

or not uh what are they calling the dark

2755

01:38:02,390 --> 01:38:00,239

knight nihilism or something else

2756

01:38:05,350 --> 01:38:02,400

well i'm drawing a parallel and it may

2757

01:38:08,070 --> 01:38:05,360

not be in the same way that foucault's

2758

01:38:09,750 --> 01:38:08,080

panopticon is is not exactly a great

2759

01:38:11,590 --> 01:38:09,760

perfect analogy for

2760

01:38:14,229 --> 01:38:11,600

non-duality um

2761

01:38:18,550 --> 01:38:14,239

this is not a great perfect fit either

2762

01:38:20,310 --> 01:38:18,560

but i think that in hard solipsism

2763

01:38:21,910 --> 01:38:20,320

there's a parallel to be made with what

2764

01:38:23,750 --> 01:38:21,920

happens in dark knight of the soul

2765

01:38:26,149 --> 01:38:23,760

because if you can't solve the problem

2766

01:38:28,550 --> 01:38:26,159

if you can't really figure out how do i

2767

01:38:32,390 --> 01:38:28,560

know whether this is an illusion or not

2768

01:38:34,550 --> 01:38:32,400

then you know nihilism is the kind of

2769

01:38:35,669 --> 01:38:34,560

direct consequence of that because then

2770

01:38:37,590 --> 01:38:35,679

so what

2771

01:38:39,510 --> 01:38:37,600

what is the purpose who cares look at

2772

01:38:41,030 --> 01:38:39,520

guys like zizek i i like zigzag i had

2773

01:38:42,870 --> 01:38:41,040

him as a professor at european graduates

2774

01:38:45,510 --> 01:38:42,880

oh did you that's pretty cool

2775

01:38:46,950 --> 01:38:45,520

the guy seems to me like the joker of

2776

01:38:48,870 --> 01:38:46,960

of um

2777

01:38:50,950 --> 01:38:48,880

philosophy right like he

2778

01:38:53,189 --> 01:38:50,960

he's just so willing to make jokes about

2779

01:38:56,950 --> 01:38:53,199

lenin this and off to the gulag to you

2780

01:39:02,390 --> 01:38:59,669

pouring out endless things that just you

2781

01:39:04,790 --> 01:39:02,400

can't really follow the thread

2782

01:39:07,270 --> 01:39:04,800

and i think that that's the point he's a

2783

01:39:08,790 --> 01:39:07,280

performative philosopher who is

2784

01:39:09,830 --> 01:39:08,800

essentially

2785

01:39:12,709 --> 01:39:09,840

saying

2786

01:39:14,550 --> 01:39:12,719

in a zen-like kind of way good luck

2787

01:39:17,030 --> 01:39:14,560

figure out my co-ans because they're

2788

01:39:19,350 --> 01:39:17,040

just going to lead you to the conclusion

2789

01:39:21,830 --> 01:39:19,360

that i never tried to make sense what

2790

01:39:23,830 --> 01:39:21,840

would it mean to make sense right sense

2791

01:39:25,990 --> 01:39:23,840

is a thing that's appearing right now

2792

01:39:27,510 --> 01:39:26,000

here there if i said something five

2793

01:39:29,510 --> 01:39:27,520

minutes ago and you're holding me to

2794

01:39:30,390 --> 01:39:29,520

this now well then you're obviously a

2795

01:39:32,790 --> 01:39:30,400

fellow

2796

01:39:34,390 --> 01:39:32,800

for logos interest this and

2797

01:39:36,950 --> 01:39:34,400

off to the google active you know like

2798

01:39:38,950 --> 01:39:36,960

it's just it's complete

2799

01:39:40,470 --> 01:39:38,960

what the heck right and i think it's

2800

01:39:43,350 --> 01:39:40,480

done on purpose

2801

01:39:45,669 --> 01:39:43,360

you know and lacan who jesus is a

2802

01:39:47,910 --> 01:39:45,679

disciple of lacan

2803

01:39:50,470 --> 01:39:47,920

said that that's what legan said to do

2804

01:39:52,709 --> 01:39:50,480

he's like this is highly performative

2805

01:39:54,390 --> 01:39:52,719

you want to create a master slave

2806

01:39:57,270 --> 01:39:54,400

relationship between yourself and the

2807

01:39:58,950 --> 01:39:57,280

analyzand and you know in order to play

2808

01:40:00,390 --> 01:39:58,960

the master slave you've got to pivot

2809

01:40:03,109 --> 01:40:00,400

you've got to turn and you've got to

2810

01:40:05,109 --> 01:40:03,119

turn in ways that are convenient to the

2811

01:40:06,550 --> 01:40:05,119

moment convenient to whatever is

2812

01:40:08,550 --> 01:40:06,560

happening and that's what g-shek just

2813

01:40:10,709 --> 01:40:08,560

does and he does it

2814

01:40:12,629 --> 01:40:10,719

large scale in front of lots and lots of

2815

01:40:15,510 --> 01:40:12,639

people and it's never gonna come to a

2816

01:40:17,430 --> 01:40:15,520

point because it's too zen in its nature

2817

01:40:19,830 --> 01:40:17,440

it's two master slave relationship in

2818

01:40:21,830 --> 01:40:19,840

his nature to have a point because there

2819

01:40:25,350 --> 01:40:21,840

isn't one right is there something wrong

2820

01:40:27,910 --> 01:40:25,360

with the master slave relationship

2821

01:40:28,870 --> 01:40:27,920

uh in the con

2822

01:40:30,950 --> 01:40:28,880

the reason why i'm saying this is

2823

01:40:33,109 --> 01:40:30,960

because it seems like some of the

2824

01:40:35,189 --> 01:40:33,119

jumping off point is to say that door

2825

01:40:37,270 --> 01:40:35,199

one or door two door one would lead you

2826

01:40:38,950 --> 01:40:37,280

to a master slave relationship

2827

01:40:40,870 --> 01:40:38,960

master slave is wrong so therefore door

2828

01:40:42,390 --> 01:40:40,880

two is the option i don't know if i'm

2829

01:40:44,790 --> 01:40:42,400

understanding that correctly but i do

2830

01:40:46,870 --> 01:40:44,800

hear that in lacon and and i don't know

2831

01:40:48,870 --> 01:40:46,880

much about jizek other than

2832

01:40:50,470 --> 01:40:48,880

he's inscrutable to me and i need to pay

2833

01:40:52,229 --> 01:40:50,480

attention some more because i would love

2834

01:40:54,229 --> 01:40:52,239

to talk to him for this podcast can't

2835

01:40:55,830 --> 01:40:54,239

seem to get a hold of him though

2836

01:40:59,350 --> 01:40:55,840

either way i would love to talk to him

2837

01:41:01,590 --> 01:40:59,360

and i'm curious is there something

2838

01:41:03,590 --> 01:41:01,600

to be avoided about this master slave

2839

01:41:04,790 --> 01:41:03,600

relationship and is there something to

2840

01:41:07,669 --> 01:41:04,800

be

2841

01:41:10,229 --> 01:41:07,679

is is it laudable so is it both

2842

01:41:12,229 --> 01:41:10,239

to be avoided to be lauded

2843

01:41:14,390 --> 01:41:12,239

i don't know at the end of the day but

2844

01:41:16,950 --> 01:41:14,400

what i do know is that

2845

01:41:19,910 --> 01:41:16,960

that idea that you would willfully take

2846

01:41:21,350 --> 01:41:19,920

on a potentially destructive viewpoint

2847

01:41:24,149 --> 01:41:21,360

has

2848

01:41:26,390 --> 01:41:24,159

a it's a flavor in psychology like if

2849

01:41:29,270 --> 01:41:26,400

you look at anti-psychiatry with thomas

2850

01:41:32,149 --> 01:41:29,280

as and all that sort of stuff um

2851

01:41:34,629 --> 01:41:32,159

it's very difficult because basically

2852

01:41:36,709 --> 01:41:34,639

psychoanalysis i i should rather say but

2853

01:41:39,510 --> 01:41:36,719

i think zaz was anti-psychiatry was the

2854

01:41:41,189 --> 01:41:39,520

term that he used there um but

2855

01:41:43,189 --> 01:41:41,199

i mean i went through psychoanalysis

2856

01:41:45,189 --> 01:41:43,199

myself so i'm not just sort of like

2857

01:41:47,350 --> 01:41:45,199

jamming on it out of nowhere but the guy

2858

01:41:49,430 --> 01:41:47,360

that i went through psychoanalysis with

2859

01:41:52,709 --> 01:41:49,440

he was much more freudian in the sense

2860

01:41:54,550 --> 01:41:52,719

of creating a symbolic father figure

2861

01:41:56,149 --> 01:41:54,560

and that symbolic figure

2862

01:41:58,070 --> 01:41:56,159

needed

2863

01:42:01,030 --> 01:41:58,080

a certain amount of symbolic behavior on

2864

01:42:03,270 --> 01:42:01,040

my part in order for it to function as

2865

01:42:05,109 --> 01:42:03,280

the symbolic father right

2866

01:42:07,510 --> 01:42:05,119

in the kanyen terms this would be big s

2867

01:42:09,669 --> 01:42:07,520

over little s and in

2868

01:42:12,310 --> 01:42:09,679

g-x terms this would be the big other

2869

01:42:14,149 --> 01:42:12,320

sort of thing now the difference is is

2870

01:42:15,830 --> 01:42:14,159

that

2871

01:42:17,830 --> 01:42:15,840

lacan will

2872

01:42:20,470 --> 01:42:17,840

be like a joker just like throwing stuff

2873

01:42:22,629 --> 01:42:20,480

out like exp wild experiments because

2874

01:42:24,470 --> 01:42:22,639

knowing you're gonna die zero sum game

2875

01:42:26,550 --> 01:42:24,480

so you know if you're going to be lost

2876

01:42:28,149 --> 01:42:26,560

in fantasy you'd better learn earlier

2877

01:42:30,229 --> 01:42:28,159

that the fantasy is often a lot more

2878

01:42:32,070 --> 01:42:30,239

pleasurable than the reality and you you

2879

01:42:33,990 --> 01:42:32,080

know build some filters that help you

2880

01:42:35,669 --> 01:42:34,000

figure that out and i'll just play

2881

01:42:37,669 --> 01:42:35,679

whatever role you need me to play in

2882

01:42:38,950 --> 01:42:37,679

this moment no truth because what would

2883

01:42:40,550 --> 01:42:38,960

truth mean truth is just the thing

2884

01:42:42,070 --> 01:42:40,560

that's appearing in you now you're

2885

01:42:44,070 --> 01:42:42,080

always stuck in the now you're going to

2886

01:42:46,310 --> 01:42:44,080

make decisions based on biological

2887

01:42:48,070 --> 01:42:46,320

imperatives etc etc

2888

01:42:50,550 --> 01:42:48,080

so we'll just play a game you and i i'll

2889

01:42:52,310 --> 01:42:50,560

be the master according to your position

2890

01:42:54,070 --> 01:42:52,320

as a slave right now i think that that's

2891

01:42:55,669 --> 01:42:54,080

not great at the end of the day if you

2892

01:42:57,590 --> 01:42:55,679

ask me personally

2893

01:42:59,990 --> 01:42:57,600

but it's there it's in the world right

2894

01:43:02,709 --> 01:43:00,000

it's a flavor and uh some people adopt

2895

01:43:04,629 --> 01:43:02,719

it for whatever reasons and i think that

2896

01:43:07,270 --> 01:43:04,639

people who are psycho psychoanalyzed by

2897

01:43:09,270 --> 01:43:07,280

lacan or in a laconian thread they're

2898

01:43:10,470 --> 01:43:09,280

much more likely to wind up like a zizek

2899

01:43:12,629 --> 01:43:10,480

figure

2900

01:43:14,470 --> 01:43:12,639

which is a little bit wild unhinged

2901

01:43:16,310 --> 01:43:14,480

shooting from the hip but very aware

2902

01:43:18,950 --> 01:43:16,320

that that's exactly what they're doing

2903

01:43:20,390 --> 01:43:18,960

and knowing that or thinking that part

2904

01:43:22,550 --> 01:43:20,400

of their healing

2905

01:43:24,470 --> 01:43:22,560

is precisely because that that's the way

2906

01:43:25,830 --> 01:43:24,480

they're operating right because that was

2907

01:43:27,990 --> 01:43:25,840

that's what it means to be fully

2908

01:43:29,030 --> 01:43:28,000

psychoanalyzed in the lacanian sense

2909

01:43:30,470 --> 01:43:29,040

okay in the sense that i was

2910

01:43:32,149 --> 01:43:30,480

psychoanalyzed this is a little bit

2911

01:43:33,350 --> 01:43:32,159

different

2912

01:43:35,270 --> 01:43:33,360

slavoy

2913

01:43:36,870 --> 01:43:35,280

you think that he's aware

2914

01:43:37,750 --> 01:43:36,880

that he

2915

01:43:39,510 --> 01:43:37,760

isn't

2916

01:43:41,830 --> 01:43:39,520

making sense to the

2917

01:43:43,189 --> 01:43:41,840

regular person or to the standard

2918

01:43:45,990 --> 01:43:43,199

observer

2919

01:43:48,390 --> 01:43:46,000

i feel confident that i can make that

2920

01:43:51,750 --> 01:43:48,400

uh statement because he himself has

2921

01:43:54,709 --> 01:43:51,760

talked about zen a lot right and so you

2922

01:43:56,470 --> 01:43:54,719

can read books or this is in interviews

2923

01:44:01,109 --> 01:43:56,480

with him published interviews and books

2924

01:44:03,750 --> 01:44:01,119

where he reflects on zen its role in

2925

01:44:05,350 --> 01:44:03,760

both lacanian psycho analysis in in

2926

01:44:06,870 --> 01:44:05,360

dairy diet okay so let's imagine he's

2927

01:44:08,149 --> 01:44:06,880

doing that i don't

2928

01:44:10,310 --> 01:44:08,159

i don't have any objections to that

2929

01:44:12,390 --> 01:44:10,320

let's imagine he's doing that and the

2930

01:44:15,590 --> 01:44:12,400

reason he's doing that is because it's

2931

01:44:17,350 --> 01:44:15,600

healing in some manner or because why

2932

01:44:18,950 --> 01:44:17,360

that i don't know you gotta ask him

2933

01:44:20,390 --> 01:44:18,960

because you mentioned healing just a

2934

01:44:22,229 --> 01:44:20,400

second ago you mentioned that through

2935

01:44:23,750 --> 01:44:22,239

this process of

2936

01:44:26,550 --> 01:44:23,760

of critiquing it all or showing that

2937

01:44:32,229 --> 01:44:28,709

not foolish but that it's all a joke in

2938

01:44:33,990 --> 01:44:32,239

some manner that that heals

2939

01:44:34,870 --> 01:44:34,000

well it can heal i mean that's that's

2940

01:44:37,350 --> 01:44:34,880

the thing

2941

01:44:38,870 --> 01:44:37,360

in in the psychoanalytic frame it's

2942

01:44:41,030 --> 01:44:38,880

thought that just something about the

2943

01:44:43,030 --> 01:44:41,040

psychoanalytic frame itself is healing

2944

01:44:46,709 --> 01:44:43,040

or even just a therapeutic frame the

2945

01:44:48,870 --> 01:44:46,719

very symbolic act of entering a theater

2946

01:44:50,950 --> 01:44:48,880

in which healing is said to occur is

2947

01:44:52,870 --> 01:44:50,960

supposedly going to be healing at some

2948

01:44:55,350 --> 01:44:52,880

level now obviously this is not the case

2949

01:44:57,430 --> 01:44:55,360

but that's part of the uh or it doesn't

2950

01:44:59,270 --> 01:44:57,440

have to be the case because you know the

2951

01:45:00,870 --> 01:44:59,280

theater of being in a symbolic healing

2952

01:45:02,629 --> 01:45:00,880

situation they can still give you a drug

2953

01:45:05,030 --> 01:45:02,639

that causes you to jump off a bridge you

2954

01:45:06,950 --> 01:45:05,040

know because that's what the consequence

2955

01:45:09,590 --> 01:45:06,960

of some drugs do

2956

01:45:12,070 --> 01:45:09,600

so you know i find it quite dangerous

2957

01:45:14,790 --> 01:45:12,080

and quite strange and by the way i'm

2958

01:45:18,310 --> 01:45:16,229

saying what i think i don't know that

2959

01:45:20,070 --> 01:45:18,320

these things are true uh necessarily

2960

01:45:22,390 --> 01:45:20,080

about g jack and i have spent a lot of

2961

01:45:24,629 --> 01:45:22,400

time in a room with him so that's partly

2962

01:45:25,669 --> 01:45:24,639

uh yeah witnessed

2963

01:45:28,550 --> 01:45:25,679

this

2964

01:45:31,270 --> 01:45:28,560

the reason i was asking was only because

2965

01:45:33,510 --> 01:45:31,280

it sounds like lacan welcome i believe

2966

01:45:35,270 --> 01:45:33,520

is a post-modernist

2967

01:45:37,830 --> 01:45:35,280

i don't even know what post-modernism

2968

01:45:39,590 --> 01:45:37,840

means you know i do but i don't yeah

2969

01:45:42,229 --> 01:45:39,600

yeah okay in the sense that he doesn't

2970

01:45:43,830 --> 01:45:42,239

believe that there are any truths

2971

01:45:45,270 --> 01:45:43,840

no i don't think that that's that's what

2972

01:45:47,750 --> 01:45:45,280

i would say

2973

01:45:52,070 --> 01:45:49,590

okay so my take on all of this is that

2974

01:45:53,910 --> 01:45:52,080

post-modernism is a very weird word that

2975

01:45:56,229 --> 01:45:53,920

somehow has

2976

01:45:57,189 --> 01:45:56,239

taken taken from art and then been

2977

01:45:58,629 --> 01:45:57,199

applied to what's called

2978

01:46:00,390 --> 01:45:58,639

post-structuralism i don't know if i'm

2979

01:46:02,470 --> 01:46:00,400

correct about that but i find it very

2980

01:46:04,310 --> 01:46:02,480

strange to hear anybody being called a

2981

01:46:05,910 --> 01:46:04,320

post-modernist even though i do know

2982

01:46:07,669 --> 01:46:05,920

that people use it that way i just don't

2983

01:46:09,430 --> 01:46:07,679

know why because

2984

01:46:11,430 --> 01:46:09,440

post-modernism is like when you put red

2985

01:46:13,109 --> 01:46:11,440

on a wall and then you say

2986

01:46:14,709 --> 01:46:13,119

that's going to cause you to reflect on

2987

01:46:17,109 --> 01:46:14,719

all sorts of things about the nature of

2988

01:46:19,109 --> 01:46:17,119

art because you know it's a reference to

2989

01:46:21,270 --> 01:46:19,119

redness as such and oh yeah yeah it

2990

01:46:23,189 --> 01:46:21,280

looks fine by me that sounds like a

2991

01:46:25,030 --> 01:46:23,199

great mental exercise and it is

2992

01:46:26,709 --> 01:46:25,040

postmodern because modernism painted in

2993

01:46:27,990 --> 01:46:26,719

a particular way yeah you correctly

2994

01:46:29,910 --> 01:46:28,000

pointed out when you watched the

2995

01:46:31,350 --> 01:46:29,920

documentary better left unsaid as a

2996

01:46:33,590 --> 01:46:31,360

little plug better left and said as a

2997

01:46:34,870 --> 01:46:33,600

documentary i was directing

2998

01:46:36,550 --> 01:46:34,880

thank you thank you i appreciate it

2999

01:46:38,870 --> 01:46:36,560

about the extreme left what makes the

3000

01:46:41,750 --> 01:46:38,880

extreme left extreme and then we touch

3001
01:46:44,149 --> 01:46:41,760
on the right as well you can watch that

3002
01:46:45,830 --> 01:46:44,159
at betterleftonsetfilm.com

3003
01:46:47,669 --> 01:46:45,840
when i sent it to you you correctly

3004
01:46:50,229 --> 01:46:47,679
pointed out that modernism is different

3005
01:46:52,870 --> 01:46:50,239
than modernity and i

3006
01:46:54,709 --> 01:46:52,880
conflated those two in the film that was

3007
01:46:56,870 --> 01:46:54,719
slightly

3008
01:46:58,790 --> 01:46:56,880
well it was both an accident and then on

3009
01:46:59,510 --> 01:46:58,800
purpose the reason it's an accident was

3010
01:47:00,870 --> 01:46:59,520
just

3011
01:47:02,310 --> 01:47:00,880
because i made that mistake and then the

3012
01:47:04,390 --> 01:47:02,320
reason it's on purpose

3013
01:47:05,350 --> 01:47:04,400

is that that's how people use the term

3014

01:47:07,109 --> 01:47:05,360

and so that's why i put a little

3015

01:47:09,910 --> 01:47:07,119

subtitle at the bottom and i said when i

3016

01:47:11,430 --> 01:47:09,920

say modernism i mean modernity which is

3017

01:47:13,030 --> 01:47:11,440

the philosophical strain that comes up

3018

01:47:15,109 --> 01:47:13,040

after in the after the enlightenment or

3019

01:47:17,109 --> 01:47:15,119

that precipitated the enlightenment okay

3020

01:47:18,390 --> 01:47:17,119

anyway now that you have that yes you're

3021

01:47:19,910 --> 01:47:18,400

making a difference a distinction

3022

01:47:21,430 --> 01:47:19,920

between the artistic post-modernism and

3023

01:47:22,790 --> 01:47:21,440

the philosophical

3024

01:47:23,910 --> 01:47:22,800

well i think it's important because if

3025

01:47:25,510 --> 01:47:23,920

there's one thing that these

3026

01:47:27,510 --> 01:47:25,520

post-modernists have in common is that

3027

01:47:30,470 --> 01:47:27,520

they wildly throw around words and they

3028

01:47:32,070 --> 01:47:30,480

just use them in in way they like recast

3029

01:47:33,590 --> 01:47:32,080

words and

3030

01:47:35,350 --> 01:47:33,600

whether they're right or wrong to do so

3031

01:47:37,990 --> 01:47:35,360

i don't i can't be the judge of that but

3032

01:47:40,390 --> 01:47:38,000

it is it is exactly that sort of

3033

01:47:43,109 --> 01:47:40,400

being the joker just throwing stuff out

3034

01:47:45,430 --> 01:47:43,119

there and you know not really having

3035

01:47:47,350 --> 01:47:45,440

some sort of compass or

3036

01:47:50,629 --> 01:47:47,360

or foundation to which all these things

3037

01:47:52,629 --> 01:47:50,639

point and just playing a wild game

3038

01:47:54,310 --> 01:47:52,639

and so truth it's not i don't think it's

3039

01:47:56,350 --> 01:47:54,320

the case that they don't think truth

3040

01:47:57,910 --> 01:47:56,360

exists it's just

3041

01:47:59,510 --> 01:47:57,920

factuality

3042

01:48:02,550 --> 01:47:59,520

is contingent

3043

01:48:03,590 --> 01:48:02,560

and that is the premise of science right

3044

01:48:06,229 --> 01:48:03,600

it is

3045

01:48:08,470 --> 01:48:06,239

factual based on evidence

3046

01:48:11,030 --> 01:48:08,480

but that is contingent upon its

3047

01:48:13,990 --> 01:48:11,040

falsifiability and the appearance of new

3048

01:48:15,430 --> 01:48:14,000

evidence right so often in the atheist

3049

01:48:16,950 --> 01:48:15,440

world you'll hear people say well the

3050

01:48:18,950 --> 01:48:16,960

time to believe in something is when

3051
01:48:20,550 --> 01:48:18,960
there's evidence that substantiates the

3052
01:48:22,070 --> 01:48:20,560
claim

3053
01:48:24,550 --> 01:48:22,080
sufficient to

3054
01:48:26,229 --> 01:48:24,560
us believing in it but that in itself

3055
01:48:28,070 --> 01:48:26,239
kind of folds in on itself given what

3056
01:48:30,870 --> 01:48:28,080
science is because science is itself

3057
01:48:33,270 --> 01:48:30,880
contingent upon not only falsifiability

3058
01:48:35,189 --> 01:48:33,280
but the idea that we will test and

3059
01:48:38,070 --> 01:48:35,199
re-test and continue to build the

3060
01:48:39,590 --> 01:48:38,080
profile so to speak and mathematically

3061
01:48:42,470 --> 01:48:39,600
and this is where the quote-unquote

3062
01:48:43,669 --> 01:48:42,480
post-modernism modernist people go a

3063
01:48:45,510 --> 01:48:43,679

little bit wild because they're like

3064

01:48:48,149 --> 01:48:45,520

yeah mathematically exponentially

3065

01:48:50,310 --> 01:48:48,159

everything is completely you know

3066

01:48:51,750 --> 01:48:50,320

going to be uh unproven because the

3067

01:48:53,270 --> 01:48:51,760

burden of evidence will event or

3068

01:48:55,189 --> 01:48:53,280

whatever right like they just play these

3069

01:48:57,430 --> 01:48:55,199

kinds of exponential games and they do

3070

01:48:59,590 --> 01:48:57,440

that with language itself so language

3071

01:49:00,550 --> 01:48:59,600

exponentially is gonna fall apart

3072

01:49:03,189 --> 01:49:00,560

because

3073

01:49:04,870 --> 01:49:03,199

it is contingent on the present use our

3074

01:49:07,030 --> 01:49:04,880

use right now and words are going to

3075

01:49:08,629 --> 01:49:07,040

change over time etc at least that's how

3076

01:49:10,149 --> 01:49:08,639

i understand a lot of that stuff so it's

3077

01:49:12,470 --> 01:49:10,159

not that truth doesn't exist it's just

3078

01:49:15,750 --> 01:49:12,480

that truth is often contingent upon its

3079

01:49:16,950 --> 01:49:15,760

use which is the problem with fake news

3080

01:49:19,750 --> 01:49:16,960

which we see

3081

01:49:22,550 --> 01:49:19,760

all the time you know uh is

3082

01:49:23,669 --> 01:49:22,560

is that the truth is just constantly

3083

01:49:26,229 --> 01:49:23,679

being

3084

01:49:28,229 --> 01:49:26,239

thrown out and used in a utilitarian

3085

01:49:30,390 --> 01:49:28,239

sort of way in order to achieve a

3086

01:49:32,629 --> 01:49:30,400

short-term goal that then has these

3087

01:49:35,030 --> 01:49:32,639

long-term ramifications and then can be

3088

01:49:37,109 --> 01:49:35,040

easily rewritten because the container

3089

01:49:38,950 --> 01:49:37,119

is language which is itself already so

3090

01:49:41,669 --> 01:49:38,960

malleable right

3091

01:49:43,350 --> 01:49:41,679

images are so malleable

3092

01:49:45,109 --> 01:49:43,360

and now we're seeing this

3093

01:49:48,310 --> 01:49:45,119

whatever those words and images that are

3094

01:49:51,189 --> 01:49:48,320

stored in this or that data bank uh or

3095

01:49:53,350 --> 01:49:51,199

database can also just be either erased

3096

01:49:56,950 --> 01:49:53,360

or you can be prevented from being able

3097

01:49:59,590 --> 01:49:56,960

to visit it at all right which is um

3098

01:50:00,550 --> 01:49:59,600

very risky and dangerous and and sad and

3099

01:50:01,510 --> 01:50:00,560

strange

3100

01:50:03,030 --> 01:50:01,520

but

3101

01:50:05,030 --> 01:50:03,040

you know that

3102

01:50:07,109 --> 01:50:05,040

that does cause us to reflect on what is

3103

01:50:08,870 --> 01:50:07,119

true and what could be true especially

3104

01:50:10,550 --> 01:50:08,880

when we

3105

01:50:12,310 --> 01:50:10,560

acknowledge that

3106

01:50:14,470 --> 01:50:12,320

the hypothetical claims that we make

3107

01:50:16,310 --> 01:50:14,480

about reality are contingent upon

3108

01:50:17,830 --> 01:50:16,320

evidence that either confirms or denies

3109

01:50:22,950 --> 01:50:17,840

those hypotheses

3110

01:50:27,109 --> 01:50:25,430

i just i was never psychoanalyzed in the

3111

01:50:29,990 --> 01:50:27,119

lacanian strain but that's what i

3112

01:50:32,229 --> 01:50:30,000

understand about it and i think that

3113

01:50:34,390 --> 01:50:32,239

it it it has a kind of chaos magic

3114

01:50:36,470 --> 01:50:34,400

element that's not the right term but a

3115

01:50:40,070 --> 01:50:36,480

sort of like willful chaos introduced

3116

01:50:41,990 --> 01:50:40,080

into it because randomness is thought to

3117

01:50:43,590 --> 01:50:42,000

just be better in the end because you're

3118

01:50:46,390 --> 01:50:43,600

dealing with randomness anyway so if you

3119

01:50:47,189 --> 01:50:46,400

can deal with it in a therapeutic frame

3120

01:50:49,669 --> 01:50:47,199

and

3121

01:50:51,510 --> 01:50:49,679

the master is pivoting

3122

01:50:53,590 --> 01:50:51,520

to be the master that you need in that

3123

01:50:56,390 --> 01:50:53,600

moment then it should theoretically help

3124

01:50:58,550 --> 01:50:56,400

you to see the game and then be able to

3125

01:51:01,270 --> 01:50:58,560

translate the game that you've seen into

3126
01:51:03,030 --> 01:51:01,280
the real world and in a laconian sense

3127
01:51:04,709 --> 01:51:03,040
be able to deal with the fundamental

3128
01:51:06,870 --> 01:51:04,719
fact that fantasy is always better than

3129
01:51:09,189 --> 01:51:06,880
the reality so you you better learn

3130
01:51:11,350 --> 01:51:09,199
quickly as quickly as possible to deal

3131
01:51:13,109 --> 01:51:11,360
with reality as it is and

3132
01:51:15,189 --> 01:51:13,119
enjoy your fantasies

3133
01:51:16,470 --> 01:51:15,199
and pay the price for having them which

3134
01:51:22,709 --> 01:51:16,480
is

3135
01:51:24,550 --> 01:51:22,719
remotely correct but that's that's how

3136
01:51:27,750 --> 01:51:24,560
i've i've come to understand it what was

3137
01:51:30,149 --> 01:51:27,760
it like to be a student of slaveoyjack

3138
01:51:31,590 --> 01:51:30,159

it was um interesting so european

3139

01:51:33,510 --> 01:51:31,600

graduate school

3140

01:51:35,510 --> 01:51:33,520

operated in an interesting way so most

3141

01:51:38,070 --> 01:51:35,520

of the year is is offline and you do

3142

01:51:40,310 --> 01:51:38,080

your own reading or sorry it's online

3143

01:51:42,390 --> 01:51:40,320

and you do your own reading and then you

3144

01:51:45,510 --> 01:51:42,400

you meet for six weeks

3145

01:51:49,830 --> 01:51:45,520

every summer and you have these seminars

3146

01:51:52,390 --> 01:51:49,840

uh basically every day for just

3147

01:51:54,470 --> 01:51:52,400

the hour equivalent that would be pretty

3148

01:51:56,470 --> 01:51:54,480

much close to a normal semester so you

3149

01:51:57,270 --> 01:51:56,480

spend a lot of time real fast with these

3150

01:51:58,310 --> 01:51:57,280

people

3151

01:51:59,830 --> 01:51:58,320

um

3152

01:52:01,430 --> 01:51:59,840

and that's great because it's super

3153

01:52:03,430 --> 01:52:01,440

compressed yeah but you don't have that

3154

01:52:04,629 --> 01:52:03,440

much time for um you don't have that

3155

01:52:06,950 --> 01:52:04,639

much time for

3156

01:52:11,109 --> 01:52:06,960

uh what do they call it um

3157

01:52:16,550 --> 01:52:13,830

percolating yeah it's uh

3158

01:52:17,830 --> 01:52:16,560

it's it's tough but it's it's fun and

3159

01:52:19,109 --> 01:52:17,840

you know the promise of european

3160

01:52:20,550 --> 01:52:19,119

graduate school is it lets you have

3161

01:52:22,790 --> 01:52:20,560

these professors that you're normally

3162

01:52:23,990 --> 01:52:22,800

not ever going to be able to have like g

3163

01:52:24,790 --> 01:52:24,000

jack and

3164

01:52:26,310 --> 01:52:24,800

um

3165

01:52:28,629 --> 01:52:26,320

you know when he was alive i think derek

3166

01:52:30,149 --> 01:52:28,639

taught there uh

3167

01:52:32,470 --> 01:52:30,159

lots of people i had peter greenaway the

3168

01:52:34,870 --> 01:52:32,480

filmmaker as a professor which you know

3169

01:52:36,390 --> 01:52:34,880

was the most amazing thing ever

3170

01:52:38,390 --> 01:52:36,400

uh

3171

01:52:40,149 --> 01:52:38,400

so it's really cool program i think

3172

01:52:41,589 --> 01:52:40,159

they're in malta now but at that time

3173

01:52:43,430 --> 01:52:41,599

they were in switzerland

3174

01:52:44,790 --> 01:52:43,440

when we talked about zero consciousness

3175

01:52:46,870 --> 01:52:44,800

and we were mentioning quantities of

3176

01:52:48,709 --> 01:52:46,880

consciousness that one can't

3177

01:52:50,229 --> 01:52:48,719

or either that's not useful or it's not

3178

01:52:51,510 --> 01:52:50,239

true to say that

3179

01:52:53,510 --> 01:52:51,520

some

3180

01:52:54,709 --> 01:52:53,520

medicant monk has more consciousness

3181

01:52:57,350 --> 01:52:54,719

than us

3182

01:52:59,669 --> 01:52:57,360

then i was wondering well is there such

3183

01:53:01,030 --> 01:52:59,679

a concept of zero consciousness

3184

01:53:03,350 --> 01:53:01,040

what do you think of that do some

3185

01:53:04,550 --> 01:53:03,360

objects have zero consciousness is zero

3186

01:53:07,109 --> 01:53:04,560

consciousness

3187

01:53:09,750 --> 01:53:07,119

a property of the world anywhere

3188

01:53:12,950 --> 01:53:09,760

what would that look like

3189

01:53:14,709 --> 01:53:12,960

yeah i don't know uh i like i like a

3190

01:53:16,229 --> 01:53:14,719

thing in nietzsche it's a it's a small

3191

01:53:19,109 --> 01:53:16,239

little thing but

3192

01:53:21,109 --> 01:53:19,119

basically it says everything interprets

3193

01:53:23,430 --> 01:53:21,119

and so what you could

3194

01:53:26,149 --> 01:53:23,440

take that to mean is that everything

3195

01:53:27,910 --> 01:53:26,159

that exists interprets the forces of

3196

01:53:29,910 --> 01:53:27,920

gravity of

3197

01:53:31,990 --> 01:53:29,920

entropy or whatever that's acting upon

3198

01:53:33,750 --> 01:53:32,000

it right so

3199

01:53:35,669 --> 01:53:33,760

it's not really literally interpreting

3200

01:53:37,830 --> 01:53:35,679

anything but it has to deal with those

3201
01:53:41,189 --> 01:53:37,840
forces but whether it has consciousness

3202
01:53:43,270 --> 01:53:41,199
or not i don't know i mean this is where

3203
01:53:45,510 --> 01:53:43,280
the non-dualists who

3204
01:53:47,189 --> 01:53:45,520
who take physics and you know am i wave

3205
01:53:48,870 --> 01:53:47,199
am i a particle or all this stuff is

3206
01:53:51,270 --> 01:53:48,880
everything a wave function i kind of get

3207
01:53:53,750 --> 01:53:51,280
to your third question which is so what

3208
01:53:55,430 --> 01:53:53,760
what changes if that proposition is true

3209
01:53:57,350 --> 01:53:55,440
what changes if it isn't that's not the

3210
01:53:58,950 --> 01:53:57,360
non-duality i'm talking about i'm

3211
01:54:01,589 --> 01:53:58,960
talking you know just everything's a

3212
01:54:03,270 --> 01:54:01,599
wave and so forth yeah great if that's

3213
01:54:04,550 --> 01:54:03,280

the case if you can provide evidence for

3214

01:54:06,629 --> 01:54:04,560

it which i don't think any of them

3215

01:54:08,390 --> 01:54:06,639

really can i haven't seen i mean i've

3216

01:54:10,550 --> 01:54:08,400

seen that they provide evidence but that

3217

01:54:13,430 --> 01:54:10,560

evidence doesn't have that so what you

3218

01:54:15,669 --> 01:54:13,440

know big bang it's not compelling enough

3219

01:54:18,070 --> 01:54:15,679

have you heard of thomas campbell have

3220

01:54:19,830 --> 01:54:18,080

you read of red thomas campbell's my big

3221

01:54:21,510 --> 01:54:19,840

toe

3222

01:54:23,189 --> 01:54:21,520

i haven't no okay forget about that so

3223

01:54:24,550 --> 01:54:23,199

anyway you're saying that

3224

01:54:26,070 --> 01:54:24,560

what is the point you're getting to

3225

01:54:28,229 --> 01:54:26,080

point number three

3226

01:54:30,470 --> 01:54:28,239

yeah well if you take niches everything

3227

01:54:31,910 --> 01:54:30,480

interprets well i think that the point

3228

01:54:34,070 --> 01:54:31,920

is quite nice

3229

01:54:35,990 --> 01:54:34,080

you know that it's a zero-sum game

3230

01:54:37,750 --> 01:54:36,000

you've got now maybe you're cursed to

3231

01:54:39,990 --> 01:54:37,760

repeat the same day over and over and

3232

01:54:42,229 --> 01:54:40,000

over again and you can ask yourself if

3233

01:54:44,070 --> 01:54:42,239

i'm cursed to repeat the same day over

3234

01:54:46,310 --> 01:54:44,080

and over again knowing that i don't get

3235

01:54:48,950 --> 01:54:46,320

to solve the puzzle of whether you know

3236

01:54:50,629 --> 01:54:48,960

i'm an illusion or not knowing that

3237

01:54:51,669 --> 01:54:50,639

the future is an image that appears in

3238

01:54:53,270 --> 01:54:51,679

you now

3239

01:54:55,030 --> 01:54:53,280

what would that day look like if you

3240

01:54:57,350 --> 01:54:55,040

were cursed and then you can set up the

3241

01:54:59,109 --> 01:54:57,360

game so that because you are cursed to

3242

01:55:00,709 --> 01:54:59,119

live the same day every day right

3243

01:55:02,310 --> 01:55:00,719

because you're a biological unit that

3244

01:55:05,189 --> 01:55:02,320

has to eat you have to go to the

3245

01:55:07,990 --> 01:55:05,199

washroom you have to suffer the oncoming

3246

01:55:09,669 --> 01:55:08,000

rush of age you have to suffer the fact

3247

01:55:11,589 --> 01:55:09,679

that you can't control others hell is

3248

01:55:13,030 --> 01:55:11,599

other people as searcher famously said

3249

01:55:15,109 --> 01:55:13,040

um

3250

01:55:16,790 --> 01:55:15,119

so if you could design if you could be

3251

01:55:19,510 --> 01:55:16,800

an artist that

3252

01:55:20,790 --> 01:55:19,520

interacts with it what would you do

3253

01:55:22,390 --> 01:55:20,800

and this is where i think the

3254

01:55:24,790 --> 01:55:22,400

non-duality i'm talking about is a

3255

01:55:27,350 --> 01:55:24,800

little bit more powerful which is to say

3256

01:55:29,030 --> 01:55:27,360

well hell all this stuff is appearing

3257

01:55:29,750 --> 01:55:29,040

as far as i can tell it's appearing in

3258

01:55:32,470 --> 01:55:29,760

me

3259

01:55:33,510 --> 01:55:32,480

and uh i have all these pressures upon

3260

01:55:35,350 --> 01:55:33,520

me

3261

01:55:37,830 --> 01:55:35,360

but these pressures have rules the

3262

01:55:40,390 --> 01:55:37,840

market has rules the internet has rules

3263

01:55:42,870 --> 01:55:40,400

and if i'm able to identify those rules

3264

01:55:45,109 --> 01:55:42,880

and interact with them in such a way

3265

01:55:47,589 --> 01:55:45,119

that they enable me to build a game so

3266

01:55:50,310 --> 01:55:47,599

that i don't feel hell every day and

3267

01:55:52,870 --> 01:55:50,320

every day is like much more fulfilling

3268

01:55:54,470 --> 01:55:52,880

than the day you know and not knowing

3269

01:55:55,910 --> 01:55:54,480

what's going to come and i can just be

3270

01:55:58,629 --> 01:55:55,920

in that day

3271

01:56:00,470 --> 01:55:58,639

days i'm not going to be as good as

3272

01:56:03,109 --> 01:56:00,480

others i might have a cold my wife might

3273

01:56:05,510 --> 01:56:03,119

be sick yeah yeah yeah but i still have

3274

01:56:07,270 --> 01:56:05,520

this system that provides

3275

01:56:09,750 --> 01:56:07,280

pretty much

3276

01:56:11,669 --> 01:56:09,760

that the curse of being cursed to live

3277

01:56:13,030 --> 01:56:11,679

the same day every day is the best

3278

01:56:15,350 --> 01:56:13,040

possible day

3279

01:56:17,990 --> 01:56:15,360

given all the laws that govern reality

3280

01:56:19,990 --> 01:56:18,000

so that's the so what to me and i think

3281

01:56:22,390 --> 01:56:20,000

that those people are creating a great

3282

01:56:24,550 --> 01:56:22,400

contribution by using their time on

3283

01:56:26,149 --> 01:56:24,560

earth to create ideas that stimulate

3284

01:56:29,189 --> 01:56:26,159

thought and so forth but i haven't seen

3285

01:56:30,950 --> 01:56:29,199

the big so what from them and um

3286

01:56:33,750 --> 01:56:30,960

maybe i'm not reading them close enough

3287

01:56:35,990 --> 01:56:33,760

but they seem to be creating enemies

3288

01:56:37,669 --> 01:56:36,000

that aren't there like materialism like

3289

01:56:40,310 --> 01:56:37,679

where where are the people in the street

3290

01:56:42,790 --> 01:56:40,320

marching saying you know oh well we've

3291

01:56:44,470 --> 01:56:42,800

got to treat every object as not having

3292

01:56:46,629 --> 01:56:44,480

consciousness

3293

01:56:48,070 --> 01:56:46,639

yes i know there are people who

3294

01:56:49,669 --> 01:56:48,080

are fighting for things that people

3295

01:56:52,070 --> 01:56:49,679

don't want like abortion and rights and

3296

01:56:53,750 --> 01:56:52,080

etc etc and that are those are some of

3297

01:56:55,830 --> 01:56:53,760

those implications there but i don't see

3298

01:56:57,910 --> 01:56:55,840

them having any solution to that by

3299

01:57:00,790 --> 01:56:57,920

saying well you know

3300

01:57:03,510 --> 01:57:00,800

the scalpel too is conscious i mean

3301

01:57:04,390 --> 01:57:03,520

so what if it is what changes if that's

3302

01:57:06,550 --> 01:57:04,400

right

3303

01:57:08,830 --> 01:57:06,560

nothing as far as i can tell changes

3304

01:57:10,950 --> 01:57:08,840

what changes if it's wrong

3305

01:57:11,750 --> 01:57:10,960

well nothing as far as i can tell

3306

01:57:13,589 --> 01:57:11,760

because you're not going to be able to

3307

01:57:16,149 --> 01:57:13,599

stop people from writing those ideas or

3308

01:57:18,550 --> 01:57:16,159

sharing those ideas so build a system in

3309

01:57:20,790 --> 01:57:18,560

your life so that you are as content as

3310

01:57:22,629 --> 01:57:20,800

possible to show up and if you can help

3311

01:57:24,709 --> 01:57:22,639

people along the way that's great and

3312

01:57:26,629 --> 01:57:24,719

that is a so what because uh the

3313

01:57:27,589 --> 01:57:26,639

evidence will be there

3314

01:57:29,830 --> 01:57:27,599

hmm

3315

01:57:31,510 --> 01:57:29,840

anthony to get a bit philosophical and

3316

01:57:33,109 --> 01:57:31,520

to play a devil's advocate what would

3317

01:57:36,070 --> 01:57:33,119

happen if someone

3318

01:57:38,790 --> 01:57:36,080

said my ideal life is

3319

01:57:40,149 --> 01:57:38,800

causing misery to others some peoples

3320

01:57:41,830 --> 01:57:40,159

are

3321

01:57:43,189 --> 01:57:41,840

maybe one may question whether or not

3322

01:57:45,270 --> 01:57:43,199

that's fulfilling and then have a

3323

01:57:48,229 --> 01:57:45,280

distinction between momentary happiness

3324

01:57:49,270 --> 01:57:48,239

and fulfillment or purpose or whatever

3325

01:57:52,790 --> 01:57:49,280

let's

3326

01:57:55,350 --> 01:57:52,800

imagine that they

3327

01:57:57,669 --> 01:57:55,360

are imbued with meaning

3328

01:57:59,669 --> 01:57:57,679

when they harm others and they say that

3329

01:58:02,390 --> 01:57:59,679

this is my

3330

01:58:06,070 --> 01:58:02,400

life that i would put on repeat is me

3331

01:58:07,750 --> 01:58:06,080

harming others so then what is the

3332

01:58:09,430 --> 01:58:07,760

ethical action there because it seems

3333

01:58:12,390 --> 01:58:09,440

like they're fulfilling that

3334

01:58:14,229 --> 01:58:12,400

circle of repetition of the day like

3335

01:58:16,149 --> 01:58:14,239

groundhog day

3336

01:58:18,629 --> 01:58:16,159

it's a real problem

3337

01:58:21,030 --> 01:58:18,639

my uncle was a criminologist and he

3338

01:58:24,070 --> 01:58:21,040

trained police guards and they deal with

3339

01:58:24,870 --> 01:58:24,080

that question every day there are people

3340

01:58:28,709 --> 01:58:24,880

who

3341

01:58:29,669 --> 01:58:28,719

not only are content to be in prison but

3342

01:58:31,750 --> 01:58:29,679

they

3343

01:58:33,589 --> 01:58:31,760

actually see prison as the place where

3344

01:58:34,390 --> 01:58:33,599

they even get to exercise their ill

3345

01:58:36,229 --> 01:58:34,400

intent

3346

01:58:38,550 --> 01:58:36,239

even more right

3347

01:58:40,629 --> 01:58:38,560

and they they just see the rules that

3348

01:58:42,550 --> 01:58:40,639

govern that reality and they use it to

3349

01:58:44,070 --> 01:58:42,560

exercise their evil intent inside of

3350

01:58:45,589 --> 01:58:44,080

that so

3351
01:58:48,709 --> 01:58:45,599
i don't necessarily have an observation

3352
01:58:51,589 --> 01:58:48,719
for or an answer to it but it is in

3353
01:58:52,790 --> 01:58:51,599
reality it does exist and

3354
01:58:54,629 --> 01:58:52,800
i think that

3355
01:58:57,350 --> 01:58:54,639
if you're able to somehow get involved

3356
01:58:58,950 --> 01:58:57,360
in studying that and figuring it out you

3357
01:59:01,030 --> 01:58:58,960
could contribute to the betterment of

3358
01:59:02,470 --> 01:59:01,040
the future for those who

3359
01:59:04,709 --> 01:59:02,480
are either blessed or cursed depending

3360
01:59:07,589 --> 01:59:04,719
on how they look at it to to be in that

3361
01:59:09,510 --> 01:59:07,599
future because there's almost certainly

3362
01:59:11,109 --> 01:59:09,520
human brains and those brains are

3363
01:59:12,470 --> 01:59:11,119

governed by rules and some of those

3364

01:59:14,790 --> 01:59:12,480

people

3365

01:59:17,350 --> 01:59:14,800

uh it's not just sam harris you know

3366

01:59:19,750 --> 01:59:17,360

free will and and and luck and fortune

3367

01:59:23,109 --> 01:59:19,760

and chance it's also chance meeting

3368

01:59:25,830 --> 01:59:23,119

biology uh or at least so it seems to me

3369

01:59:27,830 --> 01:59:25,840

uh and so the amygdala for example can

3370

01:59:29,910 --> 01:59:27,840

be eroded in certain individuals that

3371

01:59:32,390 --> 01:59:29,920

causes them not only to not care but to

3372

01:59:34,070 --> 01:59:32,400

crave you know violent acts against

3373

01:59:35,510 --> 01:59:34,080

others and we might be able to do

3374

01:59:37,750 --> 01:59:35,520

something about that

3375

01:59:39,270 --> 01:59:37,760

uh but we need people who are passionate

3376

01:59:40,629 --> 01:59:39,280

about that i happen to have an uncle who

3377

01:59:42,229 --> 01:59:40,639

was passionate about that and worked on

3378

01:59:43,910 --> 01:59:42,239

it and published on it and trained

3379

01:59:46,629 --> 01:59:43,920

guards to help them be better guards in

3380

01:59:48,709 --> 01:59:46,639

those situations and so on and so forth

3381

01:59:49,830 --> 01:59:48,719

and i think we can do a lot about it but

3382

01:59:51,510 --> 01:59:49,840

at the end of the day we ought to look

3383

01:59:54,950 --> 01:59:51,520

at it honestly and we have to say this

3384

01:59:56,229 --> 01:59:54,960

is biology meeting chance and fate and

3385

01:59:58,470 --> 01:59:56,239

circumstance

3386

02:00:00,310 --> 01:59:58,480

and now that they've done this you know

3387

02:00:01,990 --> 02:00:00,320

what can we learn from it what can we

3388

02:00:03,830 --> 02:00:02,000

potentially do this comes back to you

3389

02:00:05,430 --> 02:00:03,840

know the intelligence question

3390

02:00:06,709 --> 02:00:05,440

um

3391

02:00:09,990 --> 02:00:06,719

can we

3392

02:00:12,310 --> 02:00:10,000

create

3393

02:00:13,750 --> 02:00:12,320

without creating more suffering because

3394

02:00:16,629 --> 02:00:13,760

it almost certainly is going to in the

3395

02:00:18,870 --> 02:00:16,639

beginning can we create a world in which

3396

02:00:20,550 --> 02:00:18,880

people are on the same page about

3397

02:00:22,629 --> 02:00:20,560

ethical matters

3398

02:00:25,109 --> 02:00:22,639

knowing that the very meat that

3399

02:00:26,390 --> 02:00:25,119

processes ethical matters

3400

02:00:27,910 --> 02:00:26,400

has scarcity

3401
02:00:29,990 --> 02:00:27,920
it has

3402
02:00:31,669 --> 02:00:30,000
all kinds of laws that drive it to

3403
02:00:33,669 --> 02:00:31,679
behave to

3404
02:00:35,189 --> 02:00:33,679
fulfill things in this moment without

3405
02:00:38,070 --> 02:00:35,199
much thought for the future that's what

3406
02:00:40,070 --> 02:00:38,080
it's designed to do right can we do that

3407
02:00:42,870 --> 02:00:40,080
and can we do it in a way that you know

3408
02:00:44,070 --> 02:00:42,880
is going to work we don't know but

3409
02:00:46,229 --> 02:00:44,080
we're here so

3410
02:00:47,430 --> 02:00:46,239
obviously some people are going to try

3411
02:00:49,750 --> 02:00:47,440
and

3412
02:00:51,189 --> 02:00:49,760
i i'd lean on let's do it let's put our

3413
02:00:53,430 --> 02:00:51,199

heads together and do it as right as

3414

02:00:56,390 --> 02:00:53,440

possible but prepare

3415

02:00:58,390 --> 02:00:56,400

to uh to fail

3416

02:00:59,510 --> 02:00:58,400

that i'm curious um

3417

02:01:03,669 --> 02:00:59,520

let's

3418

02:01:06,790 --> 02:01:03,679

irrational robots and i'm not sure that

3419

02:01:09,189 --> 02:01:06,800

that is the correct way of

3420

02:01:12,149 --> 02:01:09,199

understanding people but let's imagine

3421

02:01:13,350 --> 02:01:12,159

them in this computational sense to be a

3422

02:01:15,669 --> 02:01:13,360

black box

3423

02:01:18,629 --> 02:01:15,679

it's not a computer it's irrational in a

3424

02:01:20,310 --> 02:01:18,639

sense so we need to feed it

3425

02:01:21,830 --> 02:01:20,320

if we fed it what was rational what

3426

02:01:23,350 --> 02:01:21,840

would be outputted would be completely

3427

02:01:25,910 --> 02:01:23,360

irrational because that's the way

3428

02:01:27,669 --> 02:01:25,920

irrationality works so then

3429

02:01:30,310 --> 02:01:27,679

that means we need to feed it something

3430

02:01:31,430 --> 02:01:30,320

of equal or opposite irrationality if

3431

02:01:34,229 --> 02:01:31,440

what we want

3432

02:01:36,550 --> 02:01:34,239

to be outputted is something positive

3433

02:01:37,910 --> 02:01:36,560

then what i'm wondering is let's take an

3434

02:01:40,229 --> 02:01:37,920

atheist like sam harris and let's

3435

02:01:42,470 --> 02:01:40,239

imagine sam harris believes that we are

3436

02:01:44,310 --> 02:01:42,480

irrational beings which it doesn't seem

3437

02:01:47,189 --> 02:01:44,320

like that's too much of a stretch

3438

02:01:51,350 --> 02:01:48,229

what would

3439

02:01:53,589 --> 02:01:51,360

you say i know i'm speaking to sam

3440

02:01:54,629 --> 02:01:53,599

harris in my head but what would you say

3441

02:01:57,189 --> 02:01:54,639

anthony

3442

02:01:59,430 --> 02:01:57,199

if someone said religion now as for

3443

02:02:01,030 --> 02:01:59,440

which religion like i'm putting question

3444

02:02:02,390 --> 02:02:01,040

marks on that or if it's an existing

3445

02:02:03,990 --> 02:02:02,400

religion putting question marks maybe

3446

02:02:04,870 --> 02:02:04,000

it's an amended maybe it's a different

3447

02:02:07,990 --> 02:02:04,880

kind

3448

02:02:09,750 --> 02:02:08,000

that religion is the

3449

02:02:11,189 --> 02:02:09,760

this irrational religion is this paper

3450

02:02:12,870 --> 02:02:11,199

that we feed into these irrational

3451
02:02:15,189 --> 02:02:12,880
beings called humans that allow them to

3452
02:02:17,350 --> 02:02:15,199
work with one another

3453
02:02:19,669 --> 02:02:17,360
is that okay or do you still see like no

3454
02:02:21,510 --> 02:02:19,679
no no we have to be guided by what is

3455
02:02:23,990 --> 02:02:21,520
absolutely true and what is true is that

3456
02:02:25,910 --> 02:02:24,000
there are no gods and there are no god i

3457
02:02:27,510 --> 02:02:25,920
mean there is no god and so on and

3458
02:02:30,070 --> 02:02:27,520
christianity is false and buddhism is

3459
02:02:33,589 --> 02:02:30,080
false and so so do we take this

3460
02:02:36,070 --> 02:02:33,599
scientific view that says

3461
02:02:38,070 --> 02:02:36,080
and to straw man science to straw man

3462
02:02:40,709 --> 02:02:38,080
science would that says that jesus is

3463
02:02:44,229 --> 02:02:40,719

false and buddhist buddhas falls and all

3464

02:02:47,430 --> 02:02:46,070

generated by irrational people to quell

3465

02:02:49,270 --> 02:02:47,440

themselves or because that was the best

3466

02:02:50,629 --> 02:02:49,280

they could do at the time did we take

3467

02:02:52,149 --> 02:02:50,639

that round and say

3468

02:02:54,310 --> 02:02:52,159

we should feed into these irrational

3469

02:02:57,430 --> 02:02:54,320

beings the truth which is hey man you're

3470

02:02:58,709 --> 02:02:57,440

deluded or shall we feed

3471

02:02:59,830 --> 02:02:58,719

them

3472

02:03:01,669 --> 02:02:59,840

these

3473

02:03:02,709 --> 02:03:01,679

irrational quote unquote stories of the

3474

02:03:04,709 --> 02:03:02,719

bible

3475

02:03:06,550 --> 02:03:04,719

or the vedic text

3476

02:03:08,870 --> 02:03:06,560

and have them

3477

02:03:11,430 --> 02:03:08,880

get together and cooperate and produce

3478

02:03:12,629 --> 02:03:11,440

something akin to peace or

3479

02:03:15,910 --> 02:03:12,639

something

3480

02:03:17,669 --> 02:03:15,920

salutary so what would you say

3481

02:03:19,750 --> 02:03:17,679

where i would start is look at what sam

3482

02:03:20,870 --> 02:03:19,760

harris does not what he says

3483

02:03:22,870 --> 02:03:20,880

right

3484

02:03:24,470 --> 02:03:22,880

and what i mean by that i wish that i

3485

02:03:26,310 --> 02:03:24,480

would have saved it maybe i can go back

3486

02:03:27,830 --> 02:03:26,320

through my amas or whatever and find it

3487

02:03:30,950 --> 02:03:27,840

to correct my own memory if it needs

3488

02:03:33,189 --> 02:03:30,960

correcting but i remember an ama for his

3489

02:03:35,189 --> 02:03:33,199

supporters back in the day where people

3490

02:03:36,709 --> 02:03:35,199

were asking him what were the spiritual

3491

02:03:38,550 --> 02:03:36,719

texts that you studied

3492

02:03:41,589 --> 02:03:38,560

and um

3493

02:03:43,350 --> 02:03:41,599

you know tell us some of them and he

3494

02:03:44,709 --> 02:03:43,360

said i don't want to tell you what these

3495

02:03:46,790 --> 02:03:44,719

spiritual texts are because i'm

3496

02:03:49,350 --> 02:03:46,800

concerned that people are going to go

3497

02:03:50,950 --> 02:03:49,360

and uh you know wildly misinterpret them

3498

02:03:52,950 --> 02:03:50,960

this that i see that danger because i've

3499

02:03:55,270 --> 02:03:52,960

memorized a lot of that stuff and it's a

3500

02:03:56,950 --> 02:03:55,280

bit of a mind twist to get around it and

3501

02:03:59,189 --> 02:03:56,960

get to uber atheism which is what i

3502

02:04:00,709 --> 02:03:59,199

think is in them right but it's got a

3503

02:04:02,229 --> 02:04:00,719

lot of spiritual verbiage that can make

3504

02:04:04,390 --> 02:04:02,239

you think there's a god and that's

3505

02:04:06,229 --> 02:04:04,400

that's not really it's not that simple

3506

02:04:08,790 --> 02:04:06,239

uh and it isn't that that is not the

3507

02:04:11,350 --> 02:04:08,800

conclusion but this is years ago and he

3508

02:04:12,709 --> 02:04:11,360

says look i'll give you one name right

3509

02:04:14,790 --> 02:04:12,719

and um

3510

02:04:16,310 --> 02:04:14,800

and he mentions i believe if my memory

3511

02:04:20,229 --> 02:04:16,320

is correct he mentions at white of a

3512

02:04:24,310 --> 02:04:21,510

i was so

3513

02:04:26,149 --> 02:04:24,320

kind of i mean i love sam harris fan etc

3514

02:04:28,310 --> 02:04:26,159

etc but i was a little bit disgusted by

3515

02:04:29,750 --> 02:04:28,320

this because

3516

02:04:31,990 --> 02:04:29,760

here's this guy

3517

02:04:34,390 --> 02:04:32,000

who has commands this massive audience

3518

02:04:35,750 --> 02:04:34,400

and he's going to police the knowledge

3519

02:04:36,550 --> 02:04:35,760

and say

3520

02:04:38,070 --> 02:04:36,560

okay

3521

02:04:39,990 --> 02:04:38,080

if you're going to study this here's

3522

02:04:41,189 --> 02:04:40,000

like a little nugget for you but i'm not

3523

02:04:42,390 --> 02:04:41,199

going to tell you all the texts that i

3524

02:04:44,470 --> 02:04:42,400

studied when he's happy to tell you like

3525

02:04:46,550 --> 02:04:44,480

all the science texts etc etc and he's

3526

02:04:47,589 --> 02:04:46,560

got like massive book recommendations

3527

02:04:49,350 --> 02:04:47,599

now

3528

02:04:51,830 --> 02:04:49,360

skip forward a couple years the waking

3529

02:04:54,149 --> 02:04:51,840

up app appears and now he's got adjacent

3530

02:04:55,669 --> 02:04:54,159

as a guest teacher who's just gonna

3531

02:04:57,430 --> 02:04:55,679

say all this stuff that he wasn't

3532

02:04:58,470 --> 02:04:57,440

willing to say and he put gates on

3533

02:04:59,750 --> 02:04:58,480

before

3534

02:05:01,350 --> 02:04:59,760

and i'm not judging him or anything i'm

3535

02:05:02,550 --> 02:05:01,360

just saying rather than what he says

3536

02:05:05,510 --> 02:05:02,560

that we should do

3537

02:05:07,430 --> 02:05:05,520

look at what he does right which is

3538

02:05:09,510 --> 02:05:07,440

you know i don't know what it all is

3539

02:05:11,589 --> 02:05:09,520

going to culminate to but rather than

3540

02:05:13,589 --> 02:05:11,599

having you know sam harris meditate with

3541

02:05:15,990 --> 02:05:13,599

me live sort of settings where you meet

3542

02:05:18,550 --> 02:05:16,000

with him at you know a mass convention

3543

02:05:20,629 --> 02:05:18,560

and you're all one together and so forth

3544

02:05:22,950 --> 02:05:20,639

he's got an app which is a meditation

3545

02:05:25,750 --> 02:05:22,960

app that is built inside of a device

3546

02:05:28,470 --> 02:05:25,760

that is designed to interrupt you right

3547

02:05:30,070 --> 02:05:28,480

that's your meditation app and then it's

3548

02:05:31,910 --> 02:05:30,080

filled with content that directly

3549

02:05:35,669 --> 02:05:31,920

contradicts his

3550

02:05:37,189 --> 02:05:35,679

years of suppressing the spiritual texts

3551
02:05:40,550 --> 02:05:37,199
that he didn't want people to have that

3552
02:05:41,910 --> 02:05:40,560
is now wildly espousing them and i just

3553
02:05:44,310 --> 02:05:41,920
scratched my head a little bit about

3554
02:05:46,149 --> 02:05:44,320
this because you know

3555
02:05:48,470 --> 02:05:46,159
doesn't he have the faith that human

3556
02:05:50,550 --> 02:05:48,480
people can figure it out for themselves

3557
02:05:51,430 --> 02:05:50,560
and so forth and i mean i did i wanted

3558
02:05:52,870 --> 02:05:51,440
to know

3559
02:05:54,629 --> 02:05:52,880
what is it that you're reading it is

3560
02:05:56,070 --> 02:05:54,639
just like suppressed suppressed

3561
02:05:57,990 --> 02:05:56,080
suppressed and then he just throws out

3562
02:05:59,430 --> 02:05:58,000
this one nugget on one ama and then

3563
02:06:01,990 --> 02:05:59,440

years later all of a sudden he's got

3564

02:06:04,229 --> 02:06:02,000

andy shanti and like other people in

3565

02:06:05,830 --> 02:06:04,239

this spiritual world as if like what

3566

02:06:07,910 --> 02:06:05,840

changed so

3567

02:06:09,350 --> 02:06:07,920

what my point is here is not to vilify

3568

02:06:11,430 --> 02:06:09,360

sam harris or anything like that but

3569

02:06:14,470 --> 02:06:11,440

rather just to say they're saying one

3570

02:06:16,070 --> 02:06:14,480

thing doing another and um

3571

02:06:18,550 --> 02:06:16,080

why that's the question why it's because

3572

02:06:20,950 --> 02:06:18,560

we all do we all do so when you say

3573

02:06:21,910 --> 02:06:20,960

should we do this should we do that i

3574

02:06:23,510 --> 02:06:21,920

think we

3575

02:06:26,629 --> 02:06:23,520

we're still not as

3576

02:06:28,950 --> 02:06:26,639

humans all together that there is a we

3577

02:06:31,270 --> 02:06:28,960

that could do anything that we should do

3578

02:06:34,229 --> 02:06:31,280

right and i'm not sure that the

3579

02:06:36,069 --> 02:06:34,239

consequences of there being enough of us

3580

02:06:37,830 --> 02:06:36,079

on the same page are going to be worth

3581

02:06:39,990 --> 02:06:37,840

having but that's what our technology is

3582

02:06:42,629 --> 02:06:40,000

building we're like if you look at like

3583

02:06:44,229 --> 02:06:42,639

a douglas hofstadter kind of

3584

02:06:46,790 --> 02:06:44,239

girdle escher buck

3585

02:06:48,870 --> 02:06:46,800

looking things we're ants you know we

3586

02:06:50,950 --> 02:06:48,880

don't we're communicating something

3587

02:06:52,790 --> 02:06:50,960

we're building something do we know what

3588

02:06:55,589 --> 02:06:52,800

it is that we're building i don't think

3589

02:06:57,430 --> 02:06:55,599

so but we are building why because

3590

02:06:59,669 --> 02:06:57,440

back to nietzsche everything interprets

3591

02:07:01,109 --> 02:06:59,679

we are the scientists whether we are

3592

02:07:03,350 --> 02:07:01,119

whether we realize that we're doing

3593

02:07:06,550 --> 02:07:03,360

scientific experiments or not humanity

3594

02:07:09,109 --> 02:07:06,560

as such is collaborating to do something

3595

02:07:11,030 --> 02:07:09,119

to an end that is an image in our

3596

02:07:13,189 --> 02:07:11,040

consciousness now

3597

02:07:15,589 --> 02:07:13,199

that can't possibly

3598

02:07:17,669 --> 02:07:15,599

have convergence across the board and

3599

02:07:18,950 --> 02:07:17,679

can't ever possibly become

3600

02:07:20,470 --> 02:07:18,960

what we might imagine that it would

3601
02:07:21,350 --> 02:07:20,480
become because we don't even agree on it

3602
02:07:23,510 --> 02:07:21,360
so

3603
02:07:25,430 --> 02:07:23,520
we got to step back and just think

3604
02:07:26,870 --> 02:07:25,440
if there's a we to do anything at all

3605
02:07:27,750 --> 02:07:26,880
and just think you know what can we do

3606
02:07:32,310 --> 02:07:27,760
now

3607
02:07:34,470 --> 02:07:32,320
that are contrary to even the words that

3608
02:07:37,589 --> 02:07:34,480
come out of our mouths

3609
02:07:39,669 --> 02:07:37,599
to create that day that you know we

3610
02:07:41,510 --> 02:07:39,679
would be happily cursed to live in and i

3611
02:07:43,270 --> 02:07:41,520
think we are collaborating together on

3612
02:07:44,870 --> 02:07:43,280
things

3613
02:07:47,350 --> 02:07:44,880

whether we whether we are aware that

3614

02:07:48,950 --> 02:07:47,360

we're collaborating or or not everything

3615

02:07:50,870 --> 02:07:48,960

we're saying right now is being recorded

3616

02:07:52,149 --> 02:07:50,880

because we intentionally record it but

3617

02:07:53,910 --> 02:07:52,159

you'd better believe that it's being

3618

02:07:55,910 --> 02:07:53,920

recorded whether we record it or not

3619

02:07:56,870 --> 02:07:55,920

there's machines that are reading human

3620

02:07:58,229 --> 02:07:56,880

language

3621

02:08:00,950 --> 02:07:58,239

as we speak

3622

02:08:03,350 --> 02:08:00,960

to try to figure out what humans are

3623

02:08:05,109 --> 02:08:03,360

you know and uh

3624

02:08:07,430 --> 02:08:05,119

what we should do is just not clear to

3625

02:08:09,830 --> 02:08:07,440

me at all because we are doing

3626

02:08:11,350 --> 02:08:09,840

something

3627

02:08:14,069 --> 02:08:11,360

we don't have to do anything that's

3628

02:08:14,950 --> 02:08:14,079

that's that is ultimately what

3629

02:08:16,550 --> 02:08:14,960

what

3630

02:08:18,310 --> 02:08:16,560

the sam harris that's the implications

3631

02:08:20,229 --> 02:08:18,320

of what sam harris is espousing you

3632

02:08:23,109 --> 02:08:20,239

couldn't do it if even if you tried

3633

02:08:24,870 --> 02:08:23,119

because you already have forces acting

3634

02:08:27,430 --> 02:08:24,880

upon you and if you're lucky enough to

3635

02:08:29,910 --> 02:08:27,440

have heard of the waking up app well

3636

02:08:31,430 --> 02:08:29,920

good luck good fortune and

3637

02:08:33,189 --> 02:08:31,440

you know hopefully you will figure out

3638

02:08:34,790 --> 02:08:33,199

what those books are that he read if you

3639

02:08:36,310 --> 02:08:34,800

wanted to and you didn't have to sort if

3640

02:08:38,390 --> 02:08:36,320

it's green and search forever because

3641

02:08:39,830 --> 02:08:38,400

you got a gatekeeper right because the

3642

02:08:41,669 --> 02:08:39,840

great promise of the internet was to get

3643

02:08:43,830 --> 02:08:41,679

rid of the damn gatekeepers but then

3644

02:08:45,669 --> 02:08:43,840

what did it do it ultimately ended up

3645

02:08:47,510 --> 02:08:45,679

being populated with more gatekeepers

3646

02:08:49,510 --> 02:08:47,520

than we ever could have you know

3647

02:08:50,950 --> 02:08:49,520

imagined you know so

3648

02:08:52,870 --> 02:08:50,960

what are we doing that's what i would

3649

02:08:55,270 --> 02:08:52,880

just ask not only

3650

02:08:57,830 --> 02:08:55,280

what is it that all this is going on

3651

02:08:59,990 --> 02:08:57,840

but who who exactly is it appearing to

3652

02:09:01,669 --> 02:09:00,000

who do you who is who are who is this

3653

02:09:03,270 --> 02:09:01,679

person you think you are

3654

02:09:04,950 --> 02:09:03,280

that it's appearing to

3655

02:09:07,109 --> 02:09:04,960

and whether whether sam harris is right

3656

02:09:09,189 --> 02:09:07,119

that there is no i or that the i is just

3657

02:09:11,430 --> 02:09:09,199

an illusion you've got to go one step

3658

02:09:13,189 --> 02:09:11,440

further which is that to whom is that

3659

02:09:14,310 --> 02:09:13,199

appearing to

3660

02:09:17,430 --> 02:09:14,320

right

3661

02:09:19,510 --> 02:09:17,440

which is i don't know the answer but i i

3662

02:09:21,430 --> 02:09:19,520

i've worked it out for myself and i keep

3663

02:09:23,589 --> 02:09:21,440

working it out for myself it's the most

3664

02:09:24,629 --> 02:09:23,599

fascinating adventure it's like it's

3665

02:09:26,950 --> 02:09:24,639

like if you want to get out of the

3666

02:09:29,830 --> 02:09:26,960

matrix that's the way is to ask the

3667

02:09:31,990 --> 02:09:29,840

question constantly train your memory to

3668

02:09:35,990 --> 02:09:32,000

constantly bring it back to you to whom

3669

02:09:40,229 --> 02:09:38,629

do you believe in free will

3670

02:09:42,149 --> 02:09:40,239

no but i tend not to believe in anything

3671

02:09:43,589 --> 02:09:42,159

why would you believe in things if it's

3672

02:09:45,270 --> 02:09:43,599

true what do you need to believe in it

3673

02:09:46,790 --> 02:09:45,280

for

3674

02:09:48,790 --> 02:09:46,800

there's no evidence that there's free

3675

02:09:50,470 --> 02:09:48,800

will so i don't i don't see anything to

3676

02:09:53,350 --> 02:09:50,480

believe in and if it were true i

3677

02:09:56,470 --> 02:09:53,360

wouldn't need to believe in it

3678

02:09:59,270 --> 02:09:56,480

okay what does it mean to believe

3679

02:10:01,990 --> 02:09:59,280

well in that sense of the word belief

3680

02:10:04,310 --> 02:10:02,000

you know it would be like

3681

02:10:06,550 --> 02:10:04,320

and this is where you know some lacanian

3682

02:10:07,589 --> 02:10:06,560

psychoanalysis is useful because some

3683

02:10:08,709 --> 02:10:07,599

people

3684

02:10:11,830 --> 02:10:08,719

they

3685

02:10:14,310 --> 02:10:11,840

create a kind of symbolic big other

3686

02:10:16,470 --> 02:10:14,320

right like mathematicians for example

3687

02:10:18,950 --> 02:10:16,480

they um they will say no no math is not

3688

02:10:21,830 --> 02:10:18,960

invented math is discovered right and so

3689

02:10:24,470 --> 02:10:21,840

then when they discover it

3690

02:10:26,390 --> 02:10:24,480

rather than seeing that yes it's both

3691

02:10:28,470 --> 02:10:26,400

discovered and invented i mean assuming

3692

02:10:30,310 --> 02:10:28,480

that's true i don't know but i'm just

3693

02:10:32,470 --> 02:10:30,320

sort of pointing out a debate that's in

3694

02:10:33,270 --> 02:10:32,480

the world but there are a lot of people

3695

02:10:36,069 --> 02:10:33,280

who

3696

02:10:38,790 --> 02:10:36,079

mathematically believe in or sorry they

3697

02:10:41,669 --> 02:10:38,800

believe in science right they believe in

3698

02:10:44,950 --> 02:10:41,679

it and they act symbolically

3699

02:10:45,990 --> 02:10:44,960

as if it were a god right and

3700

02:10:50,470 --> 02:10:46,000

that's

3701

02:10:53,030 --> 02:10:50,480

themselves so often because they're not

3702

02:10:55,430 --> 02:10:53,040

looking at the implications of if their

3703

02:10:57,189 --> 02:10:55,440

god if that math was true then why would

3704

02:10:58,870 --> 02:10:57,199

they act that way right

3705

02:11:00,470 --> 02:10:58,880

they so they

3706

02:11:02,229 --> 02:11:00,480

they believe in it but they don't act as

3707

02:11:04,870 --> 02:11:02,239

they believe in it yeah i'm not

3708

02:11:05,830 --> 02:11:04,880

following so for example when you say

3709

02:11:10,709 --> 02:11:05,840

that

3710

02:11:12,390 --> 02:11:10,719

and they act as if science is god

3711

02:11:13,750 --> 02:11:12,400

what are you referring to

3712

02:11:15,669 --> 02:11:13,760

i'm not i'm not saying that they think

3713

02:11:17,030 --> 02:11:15,679

that science is a god or that they act

3714

02:11:18,950 --> 02:11:17,040

as if a science is god i'm saying that

3715

02:11:20,870 --> 02:11:18,960

there's a symbolic there's there's a

3716

02:11:24,069 --> 02:11:20,880

symbolic entity that is being treated

3717

02:11:26,310 --> 02:11:24,079

symbolically as somehow a big a big

3718

02:11:27,350 --> 02:11:26,320

other kind of thing right

3719

02:11:29,510 --> 02:11:27,360

and

3720

02:11:31,430 --> 02:11:29,520

they're not aware of that symbolic

3721

02:11:33,990 --> 02:11:31,440

relationship that they have to it

3722

02:11:35,669 --> 02:11:34,000

uh i'm trying i'm gonna think about a

3723

02:11:38,790 --> 02:11:35,679

specific example with a friend of mine

3724

02:11:42,069 --> 02:11:38,800

um yeah sure so for example google is a

3725

02:11:44,149 --> 02:11:42,079

great god for him and he uh

3726
02:11:46,470 --> 02:11:44,159
we did some google ads one time and he

3727
02:11:48,470 --> 02:11:46,480
said well if we just look at this and we

3728
02:11:50,550 --> 02:11:48,480
do recursion that and mathematical

3729
02:11:54,069 --> 02:11:50,560
formula this if you spend this much on

3730
02:11:55,669 --> 02:11:54,079
ads then this should exactly work right

3731
02:11:58,149 --> 02:11:55,679
and uh i said okay we'll run the

3732
02:11:59,510 --> 02:11:58,159
experiment that's fine and um he was

3733
02:12:01,830 --> 02:11:59,520
like 100

3734
02:12:03,910 --> 02:12:01,840
sure of this so we did all the symbolic

3735
02:12:06,629 --> 02:12:03,920
behaviors because the math told us that

3736
02:12:08,390 --> 02:12:06,639
this is what would happen right

3737
02:12:11,510 --> 02:12:08,400
but that's not what happened

3738
02:12:13,510 --> 02:12:11,520

it was just a it was just a a loss and

3739

02:12:15,030 --> 02:12:13,520

then i was having a discussion with him

3740

02:12:16,950 --> 02:12:15,040

and i said something's wrong with your

3741

02:12:18,629 --> 02:12:16,960

math right because the math here showed

3742

02:12:21,109 --> 02:12:18,639

that after a certain amount compound

3743

02:12:23,350 --> 02:12:21,119

this and that that then this would be in

3744

02:12:25,990 --> 02:12:23,360

the gr in the black but we're we're deep

3745

02:12:29,990 --> 02:12:26,000

in the red and he defended the math like

3746

02:12:31,830 --> 02:12:30,000

crazy and he then you know started to

3747

02:12:33,830 --> 02:12:31,840

started to show me he said just just let

3748

02:12:36,229 --> 02:12:33,840

me show you and he got a piece of paper

3749

02:12:38,069 --> 02:12:36,239

and he wrote out the formulas right now

3750

02:12:40,229 --> 02:12:38,079

what i'm saying is instead of just

3751
02:12:43,109 --> 02:12:40,239
saying you know what i don't know what's

3752
02:12:47,669 --> 02:12:43,119
wrong but it didn't work he then

3753
02:12:50,069 --> 02:12:47,679
started to symbolically behave as if you

3754
02:12:52,790 --> 02:12:50,079
could write out the formula and that

3755
02:12:55,430 --> 02:12:52,800
would somehow cause me to convert to

3756
02:12:57,270 --> 02:12:55,440
believe that that math was

3757
02:12:58,870 --> 02:12:57,280
yeah what i understand okay okay okay so

3758
02:13:00,069 --> 02:12:58,880
when you say sorry

3759
02:13:01,589 --> 02:13:00,079
let me see if i'm understanding it

3760
02:13:03,750 --> 02:13:01,599
because if i say it but you see this a

3761
02:13:04,709 --> 02:13:03,760
bit and you see that exact symbolic

3762
02:13:07,109 --> 02:13:04,719
behavior

3763
02:13:09,430 --> 02:13:07,119

all the time so i'm not saying that

3764

02:13:11,669 --> 02:13:09,440

people believe in math as if it's a god

3765

02:13:15,350 --> 02:13:11,679

or anything but they there's a symbolic

3766

02:13:17,669 --> 02:13:15,360

behavior as if there was this sort of

3767

02:13:19,109 --> 02:13:17,679

okay thing that it's eternally true but

3768

02:13:20,950 --> 02:13:19,119

eternity

3769

02:13:22,550 --> 02:13:20,960

like if you look at like julian barber i

3770

02:13:23,589 --> 02:13:22,560

think his name is like eternity he's

3771

02:13:25,350 --> 02:13:23,599

just like what are you talking about

3772

02:13:27,189 --> 02:13:25,360

like

3773

02:13:29,350 --> 02:13:27,199

how is this even possible

3774

02:13:30,950 --> 02:13:29,360

sorry i'm interrupting you go ahead he's

3775

02:13:34,149 --> 02:13:30,960

this guy's a guest on the podcast at

3776

02:13:36,550 --> 02:13:34,159

some point soon barbers okay well

3777

02:13:38,550 --> 02:13:36,560

i think that part of the issue with

3778

02:13:40,149 --> 02:13:38,560

people like sam harris and the and

3779

02:13:43,189 --> 02:13:40,159

people who call themselves atheists or

3780

02:13:44,470 --> 02:13:43,199

even uber atheists or whatever it may be

3781

02:13:46,470 --> 02:13:44,480

obviously i'm being a bit of a joker

3782

02:13:48,790 --> 02:13:46,480

myself with that yeah yeah is the issue

3783

02:13:50,390 --> 02:13:48,800

of what does it mean to be god so i

3784

02:13:52,470 --> 02:13:50,400

think they have

3785

02:13:54,390 --> 02:13:52,480

let's take sam harris and daniel dennett

3786

02:13:55,990 --> 02:13:54,400

as examples so the new atheists i think

3787

02:13:58,790 --> 02:13:56,000

that they have and please don't think

3788

02:13:59,910 --> 02:13:58,800

that i'm denigrating atheism per se i'm

3789

02:14:02,629 --> 02:13:59,920

not

3790

02:14:04,709 --> 02:14:02,639

calling myself an atheist or a theist

3791

02:14:07,270 --> 02:14:04,719

i would say that i don't know i don't i

3792

02:14:08,310 --> 02:14:07,280

i i'm

3793

02:14:13,189 --> 02:14:08,320

i'm

3794

02:14:16,390 --> 02:14:13,199

they have this idea that god

3795

02:14:18,149 --> 02:14:16,400

this

3796

02:14:19,270 --> 02:14:18,159

old man in the sky that can that tells

3797

02:14:22,229 --> 02:14:19,280

you what to do and the people who

3798

02:14:24,709 --> 02:14:22,239

believe in god are those who are

3799

02:14:26,470 --> 02:14:24,719

will follow whatever

3800

02:14:28,390 --> 02:14:26,480

god says no matter what and are

3801

02:14:29,510 --> 02:14:28,400

staunched about

3802

02:14:31,510 --> 02:14:29,520

them being correct in their

3803

02:14:33,189 --> 02:14:31,520

interpretation of what god is however

3804

02:14:34,950 --> 02:14:33,199

there are people like i'm not sure if

3805

02:14:37,109 --> 02:14:34,960

this is aquinas or not or if this even

3806

02:14:39,350 --> 02:14:37,119

predates him but people who say that

3807

02:14:40,870 --> 02:14:39,360

look the world god

3808

02:14:42,470 --> 02:14:40,880

you mentioned that we follow the math

3809

02:14:44,709 --> 02:14:42,480

and the person was saying that well look

3810

02:14:46,709 --> 02:14:44,719

the math says this it should be so the

3811

02:14:48,629 --> 02:14:46,719

world is wrong in a sense

3812

02:14:50,229 --> 02:14:48,639

in that example well i think it was

3813

02:14:51,510 --> 02:14:50,239

aquinas or someone who predates him that

3814

02:14:53,589 --> 02:14:51,520

said that

3815

02:14:55,189 --> 02:14:53,599

god is the way that we investigate the

3816

02:14:56,870 --> 02:14:55,199

bible let's imagine this is the bible to

3817

02:14:59,430 --> 02:14:56,880

some people this probably is the bible

3818

02:15:01,030 --> 02:14:59,440

let's imagine this is and we say okay we

3819

02:15:03,030 --> 02:15:01,040

think that this means that god created

3820

02:15:05,350 --> 02:15:03,040

the earth in seven days however if we

3821

02:15:07,270 --> 02:15:05,360

investigate the natural world god

3822

02:15:08,390 --> 02:15:07,280

created the natural world in this

3823

02:15:10,149 --> 02:15:08,400

cosmology

3824

02:15:11,990 --> 02:15:10,159

and we find out that

3825

02:15:13,430 --> 02:15:12,000

humans evolved from chimpanzees from a

3826

02:15:14,950 --> 02:15:13,440

common ancestry with gymnasiums and so

3827

02:15:17,189 --> 02:15:14,960

on and it was millions and billions and

3828

02:15:18,950 --> 02:15:17,199

so on of yours

3829

02:15:20,550 --> 02:15:18,960

well

3830

02:15:22,229 --> 02:15:20,560

the bible isn't wrong it's our

3831

02:15:24,069 --> 02:15:22,239

interpretation of the bible that's wrong

3832

02:15:26,390 --> 02:15:24,079

because the world is the way the world

3833

02:15:30,470 --> 02:15:28,550

and i don't see sam harris or daniel

3834

02:15:32,550 --> 02:15:30,480

dennett or any of the new atheists

3835

02:15:34,550 --> 02:15:32,560

tackling with that instead they do what

3836

02:15:37,189 --> 02:15:34,560

i think is a straw man

3837

02:15:39,510 --> 02:15:37,199

argument as to what religion is and in a

3838

02:15:41,510 --> 02:15:39,520

sense they take the people from the new

3839

02:15:43,589 --> 02:15:41,520

borough baptist church i believe the

3840

02:15:47,669 --> 02:15:43,599

people who are

3841

02:15:49,510 --> 02:15:47,679

against homosexuals and so on and

3842

02:15:50,629 --> 02:15:49,520

and think that and creationists and so

3843

02:15:52,470 --> 02:15:50,639

on

3844

02:15:55,030 --> 02:15:52,480

they take them as representative of all

3845

02:15:56,950 --> 02:15:55,040

religion or of all that god is meant to

3846

02:15:59,510 --> 02:15:56,960

be but there are huge

3847

02:16:01,589 --> 02:15:59,520

interdictions interdictions against

3848

02:16:03,189 --> 02:16:01,599

stating exactly what god is now you

3849

02:16:05,910 --> 02:16:03,199

might say one might say that's like a

3850

02:16:07,589 --> 02:16:05,920

huge cop out because you want to

3851
02:16:09,669 --> 02:16:07,599
say that god exists but at the same time

3852
02:16:10,870 --> 02:16:09,679
you don't want to define what god is but

3853
02:16:14,550 --> 02:16:10,880
that's not

3854
02:16:17,510 --> 02:16:15,669
many

3855
02:16:19,109 --> 02:16:17,520
people who are materialists we don't

3856
02:16:21,350 --> 02:16:19,119
think materialism is a cop out but

3857
02:16:24,870 --> 02:16:21,360
materials would say that i don't know

3858
02:16:26,870 --> 02:16:24,880
exactly what is because epistemically we

3859
02:16:28,069 --> 02:16:26,880
can't know we can only assume that there

3860
02:16:29,430 --> 02:16:28,079
is something independent of us and we

3861
02:16:30,709 --> 02:16:29,440
interact with it

3862
02:16:32,070 --> 02:16:30,719
okay well you're saying there is

3863
02:16:33,509 --> 02:16:32,080

something that exists but we have no

3864

02:16:35,190 --> 02:16:33,519

clue as to what it exactly is like

3865

02:16:36,950 --> 02:16:35,200

donald hoffman might say

3866

02:16:39,190 --> 02:16:36,960

donald hoffman's not a materialist but

3867

02:16:41,589 --> 02:16:39,200

you understand i don't i don't see it as

3868

02:16:43,190 --> 02:16:41,599

any more of a cop-out so when people say

3869

02:16:45,349 --> 02:16:43,200

yes this is what religion is this is

3870

02:16:47,110 --> 02:16:45,359

what god is and god is not true or god

3871

02:16:48,709 --> 02:16:47,120

doesn't exist to me it's like what are

3872

02:16:50,469 --> 02:16:48,719

you defining as god and why do you think

3873

02:16:52,469 --> 02:16:50,479

that that represents

3874

02:16:54,150 --> 02:16:52,479

what god actually is

3875

02:16:55,110 --> 02:16:54,160

now i understand the critique that

3876

02:16:56,629 --> 02:16:55,120

someone

3877

02:16:58,629 --> 02:16:56,639

may have and it's the critique that

3878

02:17:00,469 --> 02:16:58,639

occurs to me or would have occurred to

3879

02:17:02,230 --> 02:17:00,479

me as as a

3880

02:17:04,950 --> 02:17:02,240

as an atheist a few years ago which is

3881

02:17:07,270 --> 02:17:04,960

that it's just so vague and what is the

3882

02:17:09,910 --> 02:17:07,280

use of any of this well there is use i

3883

02:17:12,629 --> 02:17:09,920

can get to some of the use later but

3884

02:17:15,110 --> 02:17:12,639

either way the whole point is to say

3885

02:17:17,750 --> 02:17:15,120

when people are saying god doesn't exist

3886

02:17:18,629 --> 02:17:17,760

i don't know if they

3887

02:17:21,429 --> 02:17:18,639

are

3888

02:17:23,349 --> 02:17:21,439

properly grappling with the issue

3889

02:17:24,790 --> 02:17:23,359

using the different definitions of god

3890

02:17:26,309 --> 02:17:24,800

which by the way there shouldn't be a

3891

02:17:27,669 --> 02:17:26,319

definition of god according to some of

3892

02:17:31,270 --> 02:17:27,679

the scriptural accounts you shouldn't

3893

02:17:35,589 --> 02:17:31,280

try to define god in fact god is what

3894

02:17:39,349 --> 02:17:37,750

yeah

3895

02:17:41,190 --> 02:17:39,359

there's there's much i'd like to say but

3896

02:17:42,790 --> 02:17:41,200

i'm assuming that you understand where

3897

02:17:44,150 --> 02:17:42,800

i'm going with this

3898

02:17:46,629 --> 02:17:44,160

so what are your thoughts what occurs to

3899

02:17:48,150 --> 02:17:46,639

you when i say this

3900

02:17:49,270 --> 02:17:48,160

well i i would just kind of like point

3901

02:17:50,790 --> 02:17:49,280

us back to

3902

02:17:53,190 --> 02:17:50,800

my my claim that we should look at what

3903

02:17:54,150 --> 02:17:53,200

sam harris does not what he says right

3904

02:17:57,190 --> 02:17:54,160

because

3905

02:17:59,910 --> 02:17:57,200

his behaviors are

3906

02:18:02,790 --> 02:17:59,920

somehow against themselves uh or against

3907

02:18:05,190 --> 02:18:02,800

itself in terms of you know well we want

3908

02:18:07,030 --> 02:18:05,200

to restrict people from having these

3909

02:18:08,709 --> 02:18:07,040

woo-woo ideas

3910

02:18:11,030 --> 02:18:08,719

but

3911

02:18:12,389 --> 02:18:11,040

you know my app is doing really great so

3912

02:18:15,429 --> 02:18:12,399

why don't we get a bunch of people in

3913

02:18:17,270 --> 02:18:15,439

there who have all these woo ideas and

3914

02:18:19,429 --> 02:18:17,280

you know we'll get their audiences too

3915

02:18:21,750 --> 02:18:19,439

right so what is he doing there now he's

3916

02:18:24,469 --> 02:18:21,760

acting symbolically towards the way the

3917

02:18:25,910 --> 02:18:24,479

market works right so that i didn't

3918

02:18:27,669 --> 02:18:25,920

quite get to that point when i was going

3919

02:18:29,910 --> 02:18:27,679

through the what he does rather than

3920

02:18:31,190 --> 02:18:29,920

what he says thing right because new

3921

02:18:33,190 --> 02:18:31,200

atheism

3922

02:18:35,270 --> 02:18:33,200

evolved as it did the way many things do

3923

02:18:38,150 --> 02:18:35,280

because the market was responding to it

3924

02:18:39,669 --> 02:18:38,160

right and then it it peaked and then it

3925

02:18:41,349 --> 02:18:39,679

started to fizzle out and now a new

3926

02:18:42,070 --> 02:18:41,359

thing comes right

3927

02:18:44,709 --> 02:18:42,080

so

3928

02:18:46,629 --> 02:18:44,719

i hope spirituality wave yeah yeah i

3929

02:18:47,669 --> 02:18:46,639

hope i'm not copping out by just going

3930

02:18:50,070 --> 02:18:47,679

in this

3931

02:18:51,270 --> 02:18:50,080

direction but i think that this is the

3932

02:18:54,070 --> 02:18:51,280

answer

3933

02:18:55,509 --> 02:18:54,080

what is the behavior that's going on and

3934

02:18:57,750 --> 02:18:55,519

how is that

3935

02:19:00,709 --> 02:18:57,760

either literally i often use this word

3936

02:19:03,429 --> 02:19:00,719

symbolic behavior but like how how is

3937

02:19:04,549 --> 02:19:03,439

that behave what is that behavior saying

3938

02:19:06,790 --> 02:19:04,559

about

3939

02:19:08,549 --> 02:19:06,800

the thing that says there is a god in

3940

02:19:11,429 --> 02:19:08,559

the first place i mean are cows going

3941

02:19:13,110 --> 02:19:11,439

around talking about god our uh fish

3942

02:19:15,750 --> 02:19:13,120

talking about god no it's humans that

3943

02:19:17,669 --> 02:19:15,760

are talking about god right so part of

3944

02:19:19,509 --> 02:19:17,679

the answer to this and spinoza i think

3945

02:19:21,349 --> 02:19:19,519

is a great person to study on this you

3946

02:19:23,509 --> 02:19:21,359

know who's talking about god well

3947

02:19:25,509 --> 02:19:23,519

spinoza is and he's aware of this right

3948

02:19:28,230 --> 02:19:25,519

and so he then starts to think about

3949

02:19:29,750 --> 02:19:28,240

well ethical behavior and this that and

3950

02:19:31,429 --> 02:19:29,760

could you live forever and he comes up

3951

02:19:32,629 --> 02:19:31,439

with these solutions to

3952

02:19:33,990 --> 02:19:32,639

you know that and he says well basically

3953

02:19:35,589 --> 02:19:34,000

you are going to live forever at some

3954

02:19:37,349 --> 02:19:35,599

level because as long as there are

3955

02:19:39,030 --> 02:19:37,359

humans which are

3956

02:19:41,270 --> 02:19:39,040

information storage and retrieval

3957

02:19:43,190 --> 02:19:41,280

devices then part of the information

3958

02:19:45,110 --> 02:19:43,200

that passed through you is also going to

3959

02:19:46,709 --> 02:19:45,120

pass through them so

3960

02:19:48,710 --> 02:19:46,719

stop worrying about it you know you're

3961

02:19:49,590 --> 02:19:48,720

you're um your

3962

02:19:53,590 --> 02:19:49,600

your

3963

02:19:55,270 --> 02:19:53,600

so long as there are humans through

3964

02:19:56,309 --> 02:19:55,280

which information can be stored and

3965

02:19:58,710 --> 02:19:56,319

retrieved

3966

02:20:00,550 --> 02:19:58,720

and i think that that's the answer in

3967

02:20:02,870 --> 02:20:00,560

many many ways or i feel that that's the

3968

02:20:05,590 --> 02:20:02,880

answer to the question of does god exist

3969

02:20:08,550 --> 02:20:05,600

or not who's talking about it

3970

02:20:11,270 --> 02:20:08,560

how are they talking about it and

3971

02:20:12,630 --> 02:20:11,280

in what ways is there congruence between

3972

02:20:14,230 --> 02:20:12,640

what they're saying and what they're

3973

02:20:15,110 --> 02:20:14,240

doing right

3974

02:20:17,270 --> 02:20:15,120

because

3975

02:20:18,630 --> 02:20:17,280

there's a lack of congruence all across

3976

02:20:21,750 --> 02:20:18,640

the board

3977

02:20:24,070 --> 02:20:21,760

including in myself and that's what you

3978

02:20:25,349 --> 02:20:24,080

would predict from humans

3979

02:20:26,309 --> 02:20:25,359

so

3980

02:20:28,070 --> 02:20:26,319

you know

3981

02:20:30,309 --> 02:20:28,080

take it or leave it but that's that's my

3982

02:20:32,070 --> 02:20:30,319

answer to the god question who's having

3983

02:20:33,750 --> 02:20:32,080

it how are they behaving and where's the

3984

02:20:36,070 --> 02:20:33,760

congruence in what they're saying and

3985

02:20:37,990 --> 02:20:36,080

what they're doing speaking on free will

3986

02:20:39,670 --> 02:20:38,000

i heard you say that there's no evidence

3987

02:20:41,830 --> 02:20:39,680

for free will but

3988

02:20:43,190 --> 02:20:41,840

i know well there's no evidence for your

3989

02:20:44,710 --> 02:20:43,200

existence either there's no evidence

3990

02:20:45,670 --> 02:20:44,720

that you're conscious there's no

3991

02:20:48,389 --> 02:20:45,680

evidence

3992

02:20:50,150 --> 02:20:48,399

that i don't think is the case let's say

3993

02:20:52,469 --> 02:20:50,160

let's talk about free will and i don't

3994

02:20:54,630 --> 02:20:52,479

understand why people are so adamant

3995

02:20:56,790 --> 02:20:54,640

about that free will exists or that it

3996

02:20:58,710 --> 02:20:56,800

doesn't exist i mean i understand it to

3997

02:21:00,710 --> 02:20:58,720

some degree because people even even

3998

02:21:02,070 --> 02:21:00,720

daniel dennett would say that free will

3999

02:21:04,070 --> 02:21:02,080

hinges on responsibility or

4000

02:21:05,590 --> 02:21:04,080

responsibility depends on free will and

4001
02:21:08,309 --> 02:21:05,600
so on but

4002
02:21:10,630 --> 02:21:08,319
regardless of that there are extremely

4003
02:21:13,270 --> 02:21:10,640
extremely bright neuroscientists for

4004
02:21:15,349 --> 02:21:13,280
example the world's most preeminent

4005
02:21:17,429 --> 02:21:15,359
neuroscientist his name is carl firsten

4006
02:21:19,990 --> 02:21:17,439
he has the most citations he has an h

4007
02:21:23,110 --> 02:21:20,000
index of over 200.

4008
02:21:24,630 --> 02:21:23,120
over 200 as an h index

4009
02:21:26,710 --> 02:21:24,640
brilliant brilliant scientists don't

4010
02:21:28,070 --> 02:21:26,720
have over a hundred like it's hard to

4011
02:21:29,990 --> 02:21:28,080
get over 50

4012
02:21:31,910 --> 02:21:30,000
on an h index he has over 200. anyway

4013
02:21:33,990 --> 02:21:31,920

even he is like well and he's a

4014

02:21:35,429 --> 02:21:34,000

neuroscientist even he says

4015

02:21:37,190 --> 02:21:35,439

there is

4016

02:21:39,830 --> 02:21:37,200

free will may exist and he has a model

4017

02:21:41,030 --> 02:21:39,840

for free will nicholas justin who's a

4018

02:21:43,429 --> 02:21:41,040

quantum

4019

02:21:44,950 --> 02:21:43,439

physicist without without appealing to

4020

02:21:47,110 --> 02:21:44,960

the quantum nature of consciousness like

4021

02:21:48,870 --> 02:21:47,120

some people do he says you can't

4022

02:21:50,950 --> 02:21:48,880

disprove free will in the same way that

4023

02:21:52,150 --> 02:21:50,960

you can't disprove that real numbers or

4024

02:21:53,830 --> 02:21:52,160

integers

4025

02:21:55,670 --> 02:21:53,840

are properties of

4026
02:21:56,710 --> 02:21:55,680
matter that some i know that sounds a

4027
02:21:58,950 --> 02:21:56,720
bit technical but there is an

4028
02:22:00,469 --> 02:21:58,960
association there

4029
02:22:02,630 --> 02:22:00,479
either way i don't know how people can

4030
02:22:05,110 --> 02:22:02,640
take one side of that issue it's so

4031
02:22:07,190 --> 02:22:05,120
contentious and it's not as if there's

4032
02:22:09,349 --> 02:22:07,200
evid there's overwhelming evidence one

4033
02:22:10,870 --> 02:22:09,359
way or the other so either way whatever

4034
02:22:11,670 --> 02:22:10,880
i want to hear what do you think about

4035
02:22:13,270 --> 02:22:11,680
that

4036
02:22:14,790 --> 02:22:13,280
well i think i think it's easy to

4037
02:22:16,630 --> 02:22:14,800
evidence why there's no free will as

4038
02:22:17,830 --> 02:22:16,640

such but we got to define our terms

4039

02:22:20,630 --> 02:22:17,840

right because there's difference between

4040

02:22:23,270 --> 02:22:20,640

acts of oil and free will as it's often

4041

02:22:25,830 --> 02:22:23,280

discussed which is you know nuanced what

4042

02:22:27,750 --> 02:22:25,840

what exactly is meant there uh but

4043

02:22:29,670 --> 02:22:27,760

notice something here and this is this

4044

02:22:31,830 --> 02:22:29,680

is an answer to the free will question

4045

02:22:33,670 --> 02:22:31,840

you wanted to make sure and please don't

4046

02:22:36,150 --> 02:22:33,680

be offended if i use you as an example

4047

02:22:37,510 --> 02:22:36,160

yeah i do this i do this myself all the

4048

02:22:41,030 --> 02:22:37,520

time too

4049

02:22:44,550 --> 02:22:41,040

200 citations 200 citations right now

4050

02:22:46,790 --> 02:22:44,560

why would a human go out of their way to

4051
02:22:49,270 --> 02:22:46,800
couch a presentation of something in

4052
02:22:50,469 --> 02:22:49,280
that well that's because we symbolically

4053
02:22:52,309 --> 02:22:50,479
i would use that word

4054
02:22:55,190 --> 02:22:52,319
we symbolically

4055
02:22:57,670 --> 02:22:55,200
imbue value on things

4056
02:22:59,590 --> 02:22:57,680
by our training so when we talk about

4057
02:23:01,190 --> 02:22:59,600
free will i would say that that is part

4058
02:23:03,190 --> 02:23:01,200
of the evidence of the absence of free

4059
02:23:05,190 --> 02:23:03,200
will because that is something you've

4060
02:23:06,389 --> 02:23:05,200
seen other people do that is something

4061
02:23:08,469 --> 02:23:06,399
i've seen other people do it's something

4062
02:23:11,990 --> 02:23:08,479
i've done myself this is the guy right

4063
02:23:13,990 --> 02:23:12,000

because he's got 200 publications so

4064

02:23:16,070 --> 02:23:14,000

that behavior is already starting to

4065

02:23:19,590 --> 02:23:16,080

show that humans don't have free will

4066

02:23:21,030 --> 02:23:19,600

because humans are playing out

4067

02:23:21,990 --> 02:23:21,040

theatrical

4068

02:23:23,830 --> 02:23:22,000

and

4069

02:23:27,429 --> 02:23:23,840

you know uh

4070

02:23:29,510 --> 02:23:27,439

grammatical and rhetorical patterns in

4071

02:23:32,389 --> 02:23:29,520

the same way a jazz musician trains

4072

02:23:34,710 --> 02:23:32,399

themselves not not to like invent in the

4073

02:23:37,349 --> 02:23:34,720

moment but they just have this code of

4074

02:23:39,030 --> 02:23:37,359

licks that they are just super tiled

4075

02:23:41,190 --> 02:23:39,040

into and they know what key they're in

4076

02:23:42,469 --> 02:23:41,200

and they just rip right because that's

4077

02:23:44,389 --> 02:23:42,479

what we're doing we're jamming right now

4078

02:23:45,750 --> 02:23:44,399

we're jazzing and riffing but the idea

4079

02:23:47,990 --> 02:23:45,760

that we're doing it of our own free

4080

02:23:49,910 --> 02:23:48,000

volition is just patently false we're

4081

02:23:51,910 --> 02:23:49,920

using a language that we didn't invent

4082

02:23:53,590 --> 02:23:51,920

that was drilled into us because we were

4083

02:23:55,990 --> 02:23:53,600

exposed to it we didn't have any choice

4084

02:23:56,710 --> 02:23:56,000

in i was born in british columbia you

4085

02:23:58,389 --> 02:23:56,720

know

4086

02:24:00,309 --> 02:23:58,399

wherever individuals were born i don't

4087

02:24:02,550 --> 02:24:00,319

know you know i just was there that's

4088

02:24:04,469 --> 02:24:02,560

the language i got and

4089

02:24:06,630 --> 02:24:04,479

so that's the one that i encoded that's

4090

02:24:08,630 --> 02:24:06,640

the one i riff with whatever comes out

4091

02:24:10,469 --> 02:24:08,640

comes out based on a certain fitness

4092

02:24:13,110 --> 02:24:10,479

with with that language but i didn't

4093

02:24:16,150 --> 02:24:13,120

choose any of it right i didn't choose

4094

02:24:17,830 --> 02:24:16,160

for youtube to you know some time ago

4095

02:24:19,590 --> 02:24:17,840

show me your channel the richard hire

4096

02:24:21,830 --> 02:24:19,600

things come come up i didn't choose to

4097

02:24:23,349 --> 02:24:21,840

be interested in memory it just was

4098

02:24:25,270 --> 02:24:23,359

thrust upon me

4099

02:24:27,750 --> 02:24:25,280

it's not exactly um

4100

02:24:30,150 --> 02:24:27,760

hi to gary and gevorfenheit or you know

4101
02:24:33,510 --> 02:24:30,160
being thrown into the world but in some

4102
02:24:35,429 --> 02:24:33,520
sense that's what we are so yes there

4103
02:24:37,910 --> 02:24:35,439
are all kinds of little ways to talk

4104
02:24:41,429 --> 02:24:37,920
about acts of will and how that we have

4105
02:24:42,389 --> 02:24:41,439
agency to act in the world but overall

4106
02:24:44,070 --> 02:24:42,399
and i think

4107
02:24:44,950 --> 02:24:44,080
this is where i think a lot of people

4108
02:24:46,389 --> 02:24:44,960
miss

4109
02:24:47,830 --> 02:24:46,399
and i don't even think that sam harris

4110
02:24:50,550 --> 02:24:47,840
is necessarily doing that good of a job

4111
02:24:52,870 --> 02:24:50,560
on it but there's the finesse here what

4112
02:24:54,469 --> 02:24:52,880
we're talking about is essentially

4113
02:24:56,710 --> 02:24:54,479

being thrown into the world and not

4114

02:24:58,950 --> 02:24:56,720

having much to say about it i can walk

4115

02:25:00,630 --> 02:24:58,960

out some more this morning it's morning

4116

02:25:03,030 --> 02:25:00,640

here in australia i can go to the cafe

4117

02:25:04,710 --> 02:25:03,040

and get hit by a bus right i don't

4118

02:25:06,710 --> 02:25:04,720

i don't have nearly as much i might be

4119

02:25:09,190 --> 02:25:06,720

as cautious as

4120

02:25:11,349 --> 02:25:09,200

i want to be i can look left i can look

4121

02:25:12,630 --> 02:25:11,359

right and a rock can still fall from the

4122

02:25:15,110 --> 02:25:12,640

sky so

4123

02:25:17,910 --> 02:25:15,120

you know so much is contingent upon

4124

02:25:20,550 --> 02:25:17,920

chance that the notion of of me having

4125

02:25:23,190 --> 02:25:20,560

much choice in in what i ate

4126
02:25:25,670 --> 02:25:23,200
three days ago in a 72 hour cycle not

4127
02:25:27,270 --> 02:25:25,680
causing me to go ballistic and uh do

4128
02:25:29,670 --> 02:25:27,280
some crazy stuff and i have a mental

4129
02:25:31,990 --> 02:25:29,680
illness right i mean it's just

4130
02:25:34,230 --> 02:25:32,000
where's the free will in any of this

4131
02:25:35,830 --> 02:25:34,240
i'm but i'm a biological unit who has

4132
02:25:37,349 --> 02:25:35,840
somehow become aware of being a

4133
02:25:39,590 --> 02:25:37,359
biological unit

4134
02:25:41,349 --> 02:25:39,600
and i i i'm i'm strapped to the meat

4135
02:25:43,030 --> 02:25:41,359
tube

4136
02:25:43,750 --> 02:25:43,040
here's what occurs to me when i hear

4137
02:25:45,190 --> 02:25:43,760
that

4138
02:25:47,750 --> 02:25:45,200

what you've demonstrated is only

4139

02:25:49,429 --> 02:25:47,760

constraints or influence so for example

4140

02:25:51,270 --> 02:25:49,439

the books on the shelf behind you though

4141

02:25:53,510 --> 02:25:51,280

they're fake because it's an image it

4142

02:25:55,110 --> 02:25:53,520

doesn't matter what screen right exactly

4143

02:25:56,389 --> 02:25:55,120

okay so imagine one of those books fell

4144

02:25:58,469 --> 02:25:56,399

and you say well it didn't have the free

4145

02:26:00,469 --> 02:25:58,479

will to fall because first of all it

4146

02:26:02,309 --> 02:26:00,479

didn't choose itself to be a book second

4147

02:26:04,150 --> 02:26:02,319

of all it wasn't it didn't choose which

4148

02:26:05,190 --> 02:26:04,160

shelf it was on okay but all of that

4149

02:26:07,349 --> 02:26:05,200

just demonstrates that there are

4150

02:26:09,110 --> 02:26:07,359

constraints placed not that there's a

4151
02:26:11,030 --> 02:26:09,120
complete lack of free will

4152
02:26:12,469 --> 02:26:11,040
and as for

4153
02:26:21,230 --> 02:26:12,479
the

4154
02:26:25,910 --> 02:26:21,240
be

4155
02:26:28,230 --> 02:26:25,920
0.000000 with and with the 35 zeros

4156
02:26:29,990 --> 02:26:28,240
and then a one

4157
02:26:32,070 --> 02:26:30,000
even if you choose that little one

4158
02:26:34,389 --> 02:26:32,080
somehow choose it's not clear what

4159
02:26:35,910 --> 02:26:34,399
choose means because we get into notions

4160
02:26:38,389 --> 02:26:35,920
of causation

4161
02:26:41,349 --> 02:26:38,399
how do you cause once how does one self

4162
02:26:43,510 --> 02:26:41,359
cause oneself how does one cause oneself

4163
02:26:45,590 --> 02:26:43,520

one's action

4164

02:26:47,670 --> 02:26:45,600

that's not easy but

4165

02:26:49,030 --> 02:26:47,680

not to get into quantum physics or to

4166

02:26:50,469 --> 02:26:49,040

pretend that quantum physics is the

4167

02:26:52,309 --> 02:26:50,479

answer

4168

02:26:53,830 --> 02:26:52,319

i'm only using quantum physics as an

4169

02:26:55,429 --> 02:26:53,840

analogy to

4170

02:26:57,110 --> 02:26:55,439

to demonstrate that it's possible that

4171

02:27:01,510 --> 02:26:57,120

they're

4172

02:27:03,270 --> 02:27:01,520

you can think of a particle now this is

4173

02:27:04,630 --> 02:27:03,280

maybe personifying a bit too much but

4174

02:27:07,030 --> 02:27:04,640

you can think of a particle let's say

4175

02:27:08,230 --> 02:27:07,040

one that decays okay let's say how do

4176
02:27:10,389 --> 02:27:08,240
you know when it's going to decay does

4177
02:27:12,469 --> 02:27:10,399
it choose when we don't know the answer

4178
02:27:14,790 --> 02:27:12,479
to that we don't imbue

4179
02:27:16,389 --> 02:27:14,800
uranium with a personality

4180
02:27:20,309 --> 02:27:16,399
but

4181
02:27:22,550 --> 02:27:20,319
of free will there's someone named

4182
02:27:24,870 --> 02:27:22,560
nicholas jessen he says that science

4183
02:27:26,230 --> 02:27:24,880
presupposes free will as well so if

4184
02:27:27,590 --> 02:27:26,240
you're going to invalidate free will

4185
02:27:29,830 --> 02:27:27,600
based on a scientific framework you

4186
02:27:31,670 --> 02:27:29,840
can't because you presuppose free will

4187
02:27:33,270 --> 02:27:31,680
in the formulation of science how

4188
02:27:34,870 --> 02:27:33,280

because you have to stand outside and

4189

02:27:37,349 --> 02:27:34,880

freely choose your experiment as a

4190

02:27:38,710 --> 02:27:37,359

scientist in order to uncorrelate

4191

02:27:41,030 --> 02:27:38,720

yourself from the

4192

02:27:42,790 --> 02:27:41,040

data otherwise all your data is

4193

02:27:44,630 --> 02:27:42,800

completely corrupted if

4194

02:27:47,830 --> 02:27:44,640

if i know that every time look there's a

4195

02:27:50,790 --> 02:27:47,840

red light behind me if

4196

02:27:52,150 --> 02:27:50,800

if all if my looking there causes the

4197

02:27:53,910 --> 02:27:52,160

red light or looking at the screen

4198

02:27:55,990 --> 02:27:53,920

causes the red light i can't say that

4199

02:27:58,230 --> 02:27:56,000

that red light exists so there has to be

4200

02:28:01,510 --> 02:27:58,240

some independent quality of myself and

4201

02:28:02,950 --> 02:28:01,520

my and the data so that's another reason

4202

02:28:04,550 --> 02:28:02,960

why

4203

02:28:06,710 --> 02:28:04,560

i don't know if one can use science to

4204

02:28:10,830 --> 02:28:06,720

invalidate free will when

4205

02:28:14,950 --> 02:28:13,190

and and you mentioned these constraints

4206

02:28:16,469 --> 02:28:14,960

and that's 100 correct there are

4207

02:28:18,389 --> 02:28:16,479

constraints dark by the way i'm not

4208

02:28:20,790 --> 02:28:18,399

arguing free will exists just so you

4209

02:28:23,510 --> 02:28:20,800

know i'm just saying that i don't i i

4210

02:28:25,990 --> 02:28:23,520

don't unders i i see some that there to

4211

02:28:27,590 --> 02:28:26,000

be per to be frank when i hear some

4212

02:28:30,150 --> 02:28:27,600

people adamantly say that free will

4213

02:28:31,830 --> 02:28:30,160

exists or if free will doesn't exist

4214

02:28:33,830 --> 02:28:31,840

i have the sneaking suspicion that they

4215

02:28:35,349 --> 02:28:33,840

have some other psychological motivation

4216

02:28:37,990 --> 02:28:35,359

to say so

4217

02:28:41,270 --> 02:28:38,000

or that they have already come to that

4218

02:28:43,110 --> 02:28:41,280

conclusion and now they're justifying it

4219

02:28:45,190 --> 02:28:43,120

the reason i say that is because it's

4220

02:28:45,910 --> 02:28:45,200

such a difficult issue why would you be

4221

02:28:48,309 --> 02:28:45,920

so

4222

02:28:49,270 --> 02:28:48,319

why would you take one side or the other

4223

02:28:50,630 --> 02:28:49,280

like

4224

02:28:52,389 --> 02:28:50,640

the more you study it the more you

4225

02:28:54,389 --> 02:28:52,399

realize there's absolute conflict and

4226
02:28:55,990 --> 02:28:54,399
people like sam harris have podcasts

4227
02:28:57,990 --> 02:28:56,000
about no there's uniformity in the

4228
02:28:59,750 --> 02:28:58,000
neuroscientific community about free

4229
02:29:01,670 --> 02:28:59,760
will notice no there absolutely isn't

4230
02:29:04,630 --> 02:29:01,680
even people like like i mentioned call

4231
02:29:06,389 --> 02:29:04,640
carl firsten and

4232
02:29:08,150 --> 02:29:06,399
and anil seth and you also mentioned

4233
02:29:10,630 --> 02:29:08,160
well courage you're

4234
02:29:14,309 --> 02:29:10,640
you're being

4235
02:29:15,590 --> 02:29:14,319
about

4236
02:29:20,150 --> 02:29:15,600
collegi

4237
02:29:24,469 --> 02:29:20,160
like with the citations and so on that

4238
02:29:28,630 --> 02:29:26,389

when evaluating the scientific

4239

02:29:30,950 --> 02:29:28,640

experiments that invalidate supposedly

4240

02:29:33,030 --> 02:29:30,960

invalidate free will we also do that so

4241

02:29:34,230 --> 02:29:33,040

in the invalidation of free will there

4242

02:29:36,630 --> 02:29:34,240

is still the

4243

02:29:40,790 --> 02:29:36,640

use of this tool

4244

02:29:45,429 --> 02:29:43,349

i've lost my train of thought hopefully

4245

02:29:47,030 --> 02:29:45,439

you can pick up the cards that i've just

4246

02:29:49,670 --> 02:29:47,040

thrown on the floor

4247

02:29:51,830 --> 02:29:49,680

yeah well look i i'm all up for it too

4248

02:29:53,030 --> 02:29:51,840

and i love to read these things and you

4249

02:29:55,190 --> 02:29:53,040

know

4250

02:29:57,030 --> 02:29:55,200

go through the ideas and so forth i

4251
02:29:58,389 --> 02:29:57,040
haven't i haven't really decided i've

4252
02:30:00,230 --> 02:29:58,399
just said i don't see compelling

4253
02:30:02,630 --> 02:30:00,240
evidence that there's free will but i'm

4254
02:30:05,270 --> 02:30:02,640
open to all kinds of evidence but in the

4255
02:30:07,990 --> 02:30:05,280
free will as i mean it i still don't see

4256
02:30:09,510 --> 02:30:08,000
evidence of it rather i see the opposite

4257
02:30:10,950 --> 02:30:09,520
because part of the free will is could

4258
02:30:12,469 --> 02:30:10,960
you go back and change what you did

4259
02:30:14,150 --> 02:30:12,479
right and

4260
02:30:16,870 --> 02:30:14,160
that's not possible because the past is

4261
02:30:19,270 --> 02:30:16,880
an image inside of you and

4262
02:30:21,030 --> 02:30:19,280
or you know it's it's a memory inside of

4263
02:30:22,630 --> 02:30:21,040

you and you can go back and change

4264

02:30:24,630 --> 02:30:22,640

memories that's for sure but your very

4265

02:30:25,910 --> 02:30:24,640

memory is already corrupt so you talked

4266

02:30:27,750 --> 02:30:25,920

about data corruption you know like

4267

02:30:31,190 --> 02:30:27,760

standing outside of it and that would

4268

02:30:33,590 --> 02:30:31,200

correct your data hold on data is always

4269

02:30:35,830 --> 02:30:33,600

already stored somehow it's all

4270

02:30:37,510 --> 02:30:35,840

maybe not always but it's you know not

4271

02:30:39,910 --> 02:30:37,520

exactly as pure as one would make it and

4272

02:30:41,910 --> 02:30:39,920

so forth and then in our own memories

4273

02:30:43,990 --> 02:30:41,920

we we don't even know that we remembered

4274

02:30:47,030 --> 02:30:44,000

what we remembered as accurately as we

4275

02:30:48,550 --> 02:30:47,040

could right so in that sort of thing of

4276

02:30:50,550 --> 02:30:48,560

like hey

4277

02:30:53,590 --> 02:30:50,560

look at how science you know we we use

4278

02:30:55,030 --> 02:30:53,600

this language 200 sort of stuff uh 200

4279

02:30:56,790 --> 02:30:55,040

publications and that means yeah it was

4280

02:31:53,270 --> 02:30:56,800

h

4281

02:31:54,870 --> 02:31:53,280

know somebody's gonna write a book about

4282

02:31:56,950 --> 02:31:54,880

neuroscience and they're gonna cite sam

4283

02:31:58,710 --> 02:31:56,960

harris's episode and maybe even have the

4284

02:32:01,510 --> 02:31:58,720

whole transcript and it's going to be

4285

02:32:04,150 --> 02:32:01,520

you know part of a larger text that is

4286

02:32:06,710 --> 02:32:04,160

in the battle against so and so so

4287

02:32:08,950 --> 02:32:06,720

my big call towards this is

4288

02:32:11,750 --> 02:32:08,960

essentially nichian in nature which is

4289

02:32:15,750 --> 02:32:11,760

we are driven to behave in certain ways

4290

02:32:17,830 --> 02:32:15,760

according to biological imperatives and

4291

02:32:19,830 --> 02:32:17,840

whether we call it free will this free

4292

02:32:21,670 --> 02:32:19,840

will that we define it that way at the

4293

02:32:24,389 --> 02:32:21,680

end of the day are we aware of those

4294

02:32:27,030 --> 02:32:24,399

biological imperatives and are we aware

4295

02:32:28,950 --> 02:32:27,040

when we are structuring hierarchies

4296

02:32:30,870 --> 02:32:28,960

referring to hierarchies perhaps cow

4297

02:32:33,030 --> 02:32:30,880

towing a little bit to this hierarchy a

4298

02:32:34,389 --> 02:32:33,040

little bit less than that are we aware

4299

02:32:36,070 --> 02:32:34,399

of this and are we aware of the

4300

02:32:38,230 --> 02:32:36,080

implications of it and when we're

4301
02:32:40,309 --> 02:32:38,240
preaching stuff are we practicing it are

4302
02:32:41,910 --> 02:32:40,319
we even capable of practicing it why do

4303
02:32:44,070 --> 02:32:41,920
you think jordan peterson is so popular

4304
02:32:46,230 --> 02:32:44,080
right now because he's obviously the guy

4305
02:32:49,429 --> 02:32:46,240
who cannot practice what he's preaching

4306
02:32:52,469 --> 02:32:49,439
but he's damn close in some sense right

4307
02:32:56,469 --> 02:32:52,479
and he's just constantly you know

4308
02:32:58,870 --> 02:32:56,479
uh pointing us to the impossibility of

4309
02:33:01,349 --> 02:32:58,880
the very thing that we should strive for

4310
02:33:03,110 --> 02:33:01,359
knowing that so many chips are stacked

4311
02:33:04,230 --> 02:33:03,120
against us now whether he's right or

4312
02:33:06,550 --> 02:33:04,240
wrong i'm not saying i'm just saying

4313
02:33:08,150 --> 02:33:06,560

look at the popularity of it why would

4314

02:33:09,270 --> 02:33:08,160

that go so

4315

02:33:10,950 --> 02:33:09,280

you know people say well it's because

4316

02:33:13,190 --> 02:33:10,960

you need we need a father figure yeah

4317

02:33:14,710 --> 02:33:13,200

yeah etc well

4318

02:33:17,270 --> 02:33:14,720

why would we need one well it's because

4319

02:33:20,230 --> 02:33:17,280

we don't have enough will in ourselves

4320

02:33:21,830 --> 02:33:20,240

to you know have a have a compass to

4321

02:33:25,030 --> 02:33:21,840

have something to pattern ourselves

4322

02:33:26,790 --> 02:33:25,040

after because without adopting a frame

4323

02:33:28,950 --> 02:33:26,800

of reference without having something to

4324

02:33:31,349 --> 02:33:28,960

copy even if it's a bad copy

4325

02:33:33,750 --> 02:33:31,359

then you know

4326

02:33:36,790 --> 02:33:33,760

our free will does nothing for us having

4327

02:33:39,270 --> 02:33:36,800

free will is nothing without a referent

4328

02:33:41,910 --> 02:33:39,280

so again it's just kind of like a so

4329

02:33:43,750 --> 02:33:41,920

what i'm all for people battling and

4330

02:33:45,429 --> 02:33:43,760

this and that and evidence this and that

4331

02:33:46,630 --> 02:33:45,439

it all just still comes down to if

4332

02:33:49,190 --> 02:33:46,640

you're right

4333

02:33:51,030 --> 02:33:49,200

what changes and so far i haven't seen a

4334

02:33:52,230 --> 02:33:51,040

whole lot changing and i don't know that

4335

02:33:54,389 --> 02:33:52,240

it ever will

4336

02:33:56,790 --> 02:33:54,399

except for maybe elon musk succeeds with

4337

02:33:58,710 --> 02:33:56,800

neurolink and um that we can all

4338

02:33:59,990 --> 02:33:58,720

download enlightenment

4339

02:34:02,309 --> 02:34:00,000

but are we going to want the

4340

02:34:03,990 --> 02:34:02,319

consequences of what enlightenment is

4341

02:34:05,510 --> 02:34:04,000

and i don't think so

4342

02:34:07,190 --> 02:34:05,520

you know you don't want it forced on you

4343

02:34:08,790 --> 02:34:07,200

i don't think so

4344

02:34:11,190 --> 02:34:08,800

what would the consequence of

4345

02:34:14,230 --> 02:34:11,200

enlightenment be

4346

02:34:17,110 --> 02:34:14,240

you'd realize this is a zero-sum game

4347

02:34:18,790 --> 02:34:17,120

this is it so you're gonna you know

4348

02:34:20,309 --> 02:34:18,800

buck up or shut up because now's the

4349

02:34:22,790 --> 02:34:20,319

time to enjoy

4350

02:34:24,150 --> 02:34:22,800

and they're coming back so you know be

4351
02:34:27,910 --> 02:34:24,160
awake

4352
02:34:32,630 --> 02:34:29,910
that's that's what enlightenment is what

4353
02:34:32,640 --> 02:34:36,630
meaning

4354
02:34:41,110 --> 02:34:39,190
say that in another way

4355
02:34:41,990 --> 02:34:41,120
please

4356
02:34:45,990 --> 02:34:42,000
so

4357
02:34:47,510 --> 02:34:46,000
know they like to have a lot of opinions

4358
02:34:50,230 --> 02:34:47,520
about it they like to say that there's

4359
02:34:51,750 --> 02:34:50,240
evidence for it we're here

4360
02:34:53,590 --> 02:34:51,760
right now yes

4361
02:34:54,550 --> 02:34:53,600
we're having this discussion right now

4362
02:34:58,389 --> 02:34:54,560
yeah

4363
02:35:00,550 --> 02:34:58,399

whatever

4364

02:35:02,389 --> 02:35:00,560

that's the point what changes if we

4365

02:35:03,990 --> 02:35:02,399

aren't what if this is all illusion what

4366

02:35:06,150 --> 02:35:04,000

changes nothing there's still death

4367

02:35:08,469 --> 02:35:06,160

there's still taxes it's still like you

4368

02:35:10,630 --> 02:35:08,479

know this this meat tube is gonna show

4369

02:35:13,349 --> 02:35:10,640

up and die in a hospital one day or die

4370

02:35:14,710 --> 02:35:13,359

at home it's going to pay the bills etc

4371

02:35:17,110 --> 02:35:14,720

like nothing changes whether this is

4372

02:35:19,270 --> 02:35:17,120

real or not as far as i can tell you

4373

02:35:21,429 --> 02:35:19,280

uh-huh okay so this is interesting i see

4374

02:35:22,710 --> 02:35:21,439

what you're saying

4375

02:35:24,790 --> 02:35:22,720

okay i would say

4376

02:35:27,830 --> 02:35:24,800

i can pay my taxes with bliss i would

4377

02:35:29,990 --> 02:35:27,840

see okay now this is a this is an

4378

02:35:31,990 --> 02:35:30,000

extremely technical argument and i can't

4379

02:35:35,190 --> 02:35:32,000

even recapitulate it it's

4380

02:35:37,429 --> 02:35:35,200

it's it's absolutely

4381

02:35:39,349 --> 02:35:37,439

well it's it's riveting if

4382

02:35:40,630 --> 02:35:39,359

it's but it's it's tricky there's

4383

02:35:41,750 --> 02:35:40,640

something called the free energy

4384

02:35:43,110 --> 02:35:41,760

principle i don't know if you've heard

4385

02:35:44,630 --> 02:35:43,120

it's called carl fristen i keep

4386

02:35:46,150 --> 02:35:44,640

mentioning him because i spoke to him

4387

02:35:47,110 --> 02:35:46,160

earlier today

4388

02:35:49,590 --> 02:35:47,120

and

4389

02:35:51,990 --> 02:35:49,600

carl fristen says that what we are what

4390

02:35:53,990 --> 02:35:52,000

anything no thing can give you can give

4391

02:35:56,389 --> 02:35:54,000

a technical definition to what a thing

4392

02:35:57,990 --> 02:35:56,399

is what anything is

4393

02:35:59,670 --> 02:35:58,000

is

4394

02:36:00,870 --> 02:35:59,680

that survives you can give a technical

4395

02:36:02,150 --> 02:36:00,880

definition as to what it means to

4396

02:36:04,389 --> 02:36:02,160

survive

4397

02:36:06,950 --> 02:36:04,399

is something that is self-organizing so

4398

02:36:09,270 --> 02:36:06,960

now we get into ideas that are similar

4399

02:36:11,590 --> 02:36:09,280

to life so self-organizing and that has

4400

02:36:13,429 --> 02:36:11,600

beliefs about what's outside of it and

4401
02:36:15,670 --> 02:36:13,439
then can act on those beliefs and also

4402
02:36:18,230 --> 02:36:15,680
take some sensory information now what's

4403
02:36:20,710 --> 02:36:18,240
interesting is in his model which by the

4404
02:36:23,030 --> 02:36:20,720
way if it's to be believed then it's

4405
02:36:26,230 --> 02:36:23,040
extremely extremely general it's an

4406
02:36:27,910 --> 02:36:26,240
extremely general argument which

4407
02:36:29,830 --> 02:36:27,920
works even if the laws of physics were

4408
02:36:30,950 --> 02:36:29,840
slightly different it works in an

4409
02:36:33,670 --> 02:36:30,960
extremely

4410
02:36:36,950 --> 02:36:33,680
abstract sense as to as to what is a

4411
02:36:39,670 --> 02:36:36,960
thing and this is why saying this with

4412
02:36:41,349 --> 02:36:39,680
words is difficult because it requires a

4413
02:36:42,710 --> 02:36:41,359

precise mathematical formulation and

4414

02:36:45,830 --> 02:36:42,720

even that is

4415

02:36:48,950 --> 02:36:45,840

it's not simple math it's

4416

02:36:50,630 --> 02:36:48,960

first second year math but the

4417

02:36:52,309 --> 02:36:50,640

but it's still not simple it's not

4418

02:36:54,150 --> 02:36:52,319

simple math okay

4419

02:36:56,309 --> 02:36:54,160

he said that let's imagine this little

4420

02:36:58,230 --> 02:36:56,319

guy here this is a cell now the cell

4421

02:37:00,469 --> 02:36:58,240

could be a person as well it could be a

4422

02:37:01,830 --> 02:37:00,479

society even whatever it could it can be

4423

02:37:04,309 --> 02:37:01,840

a single cell

4424

02:37:06,309 --> 02:37:04,319

it has beliefs about the outside then

4425

02:37:09,270 --> 02:37:06,319

what's interesting is

4426

02:37:11,750 --> 02:37:09,280

if it has a different belief

4427

02:37:14,469 --> 02:37:11,760

it actually changes the world so when

4428

02:37:17,270 --> 02:37:14,479

you say well what's the difference if so

4429

02:37:19,830 --> 02:37:17,280

and so is the case or is not

4430

02:37:20,950 --> 02:37:19,840

well what what changes is

4431

02:37:22,950 --> 02:37:20,960

sure

4432

02:37:25,349 --> 02:37:22,960

the world at that instant doesn't change

4433

02:37:27,990 --> 02:37:25,359

but the world will then change later

4434

02:37:29,510 --> 02:37:28,000

your beliefs influence your action

4435

02:37:31,510 --> 02:37:29,520

and it

4436

02:37:32,469 --> 02:37:31,520

there's an inextricable link between

4437

02:37:33,830 --> 02:37:32,479

them

4438

02:37:36,550 --> 02:37:33,840

so that's what i would say and actually

4439

02:37:38,469 --> 02:37:36,560

in some way you co-create the universe

4440

02:37:40,309 --> 02:37:38,479

so the universe outside you

4441

02:37:42,230 --> 02:37:40,319

this is strange because

4442

02:37:43,910 --> 02:37:42,240

well it's not strange it's it's it's

4443

02:37:46,870 --> 02:37:43,920

technical in the sense that

4444

02:37:48,790 --> 02:37:46,880

i i'm let's imagine that i'm inside here

4445

02:37:51,590 --> 02:37:48,800

and i'm in a home right now

4446

02:37:53,750 --> 02:37:51,600

and there's walls now if this was a

4447

02:37:55,270 --> 02:37:53,760

living being then somehow i have to be

4448

02:37:56,710 --> 02:37:55,280

sensing the outside world and then i

4449

02:37:59,110 --> 02:37:56,720

have to be acting so these walls have to

4450

02:38:00,870 --> 02:37:59,120

be moving and and messing around with

4451

02:38:03,750 --> 02:38:00,880

the world but what's interesting is in

4452

02:38:05,670 --> 02:38:03,760

that formalism the world

4453

02:38:07,510 --> 02:38:05,680

you can there's a duality between the

4454

02:38:09,670 --> 02:38:07,520

inside and the outside and that means

4455

02:38:10,710 --> 02:38:09,680

you can also view the world as acting on

4456

02:38:12,630 --> 02:38:10,720

me

4457

02:38:15,429 --> 02:38:12,640

in the in an equivalent manner which

4458

02:38:18,150 --> 02:38:15,439

means that my beliefs actually change

4459

02:38:20,389 --> 02:38:18,160

the world so when someone says well what

4460

02:38:22,950 --> 02:38:20,399

difference does it make if this belief

4461

02:38:26,389 --> 02:38:22,960

was to be believed or or not well in

4462

02:38:27,429 --> 02:38:26,399

carl fr and i would 100 be that down

4463

02:38:30,389 --> 02:38:27,439

that route

4464

02:38:32,870 --> 02:38:30,399

a month or two months ago but

4465

02:38:35,190 --> 02:38:32,880

mathematically actually your own beliefs

4466

02:38:36,550 --> 02:38:35,200

do change the world

4467

02:38:38,070 --> 02:38:36,560

even

4468

02:38:39,429 --> 02:38:38,080

right they change the world they change

4469

02:38:40,870 --> 02:38:39,439

the world that's right they're reflected

4470

02:38:42,230 --> 02:38:40,880

what do we mean by the world though what

4471

02:38:43,030 --> 02:38:42,240

what is the world what does that even

4472

02:38:44,790 --> 02:38:43,040

mean

4473

02:38:46,790 --> 02:38:44,800

right okay so here's how it's defined

4474

02:38:48,389 --> 02:38:46,800

here's how it's defined let's imagine

4475

02:38:49,750 --> 02:38:48,399

there are let's imagine we have a

4476

02:38:51,510 --> 02:38:49,760

checker board and they're just dots on

4477

02:38:54,230 --> 02:38:51,520

the checkerboard and then let's imagine

4478

02:38:56,389 --> 02:38:54,240

that you can connect some of the dots

4479

02:38:57,510 --> 02:38:56,399

any amount of the dots in any which way

4480

02:39:00,550 --> 02:38:57,520

okay so now this looks like a

4481

02:39:03,910 --> 02:39:02,150

um

4482

02:39:06,389 --> 02:39:03,920

game of checkers with lines in between

4483

02:39:07,990 --> 02:39:06,399

them like a serial killer has lines

4484

02:39:09,750 --> 02:39:08,000

sorry like the detective has lines

4485

02:39:10,630 --> 02:39:09,760

trying to find the the serial killer

4486

02:39:13,750 --> 02:39:10,640

with

4487

02:39:15,110 --> 02:39:13,760

connection between them and then let's

4488

02:39:16,950 --> 02:39:15,120

imagine you put arrows and that means

4489

02:39:18,469 --> 02:39:16,960

this influences this this influences

4490

02:39:19,590 --> 02:39:18,479

this

4491

02:39:21,190 --> 02:39:19,600

okay

4492

02:39:22,469 --> 02:39:21,200

that's all that's meant by the world is

4493

02:39:24,870 --> 02:39:22,479

that there exists

4494

02:39:26,230 --> 02:39:24,880

there exists nodes and some can

4495

02:39:27,750 --> 02:39:26,240

influence one another as to what those

4496

02:39:29,030 --> 02:39:27,760

are those could be a society influencing

4497

02:39:30,710 --> 02:39:29,040

a person it could be a person

4498

02:39:33,270 --> 02:39:30,720

influencing society could be a cell

4499

02:39:35,510 --> 02:39:33,280

influencing a rock it could be a rock

4500

02:39:38,469 --> 02:39:35,520

it's it's left absolutely general so

4501
02:39:39,349 --> 02:39:38,479
that's what's meant by the world in this

4502
02:39:41,670 --> 02:39:39,359
okay

4503
02:39:43,030 --> 02:39:41,680
well to be charitable to that then we

4504
02:39:45,110 --> 02:39:43,040
have to say

4505
02:39:46,150 --> 02:39:45,120
we have to go back to intelligence right

4506
02:39:47,429 --> 02:39:46,160
so

4507
02:39:49,190 --> 02:39:47,439
the people who have the most

4508
02:39:50,870 --> 02:39:49,200
intelligence are doing a real bad job

4509
02:39:54,150 --> 02:39:50,880
because if they can change the world you

4510
02:39:56,790 --> 02:39:54,160
know just by thinking a certain way then

4511
02:39:58,389 --> 02:39:56,800
they are either quite weak right now or

4512
02:40:00,790 --> 02:39:58,399
they're incredibly strong but they're

4513
02:40:03,270 --> 02:40:00,800

the battle that they're fighting is is

4514

02:40:04,389 --> 02:40:03,280

stronger right

4515

02:40:06,550 --> 02:40:04,399

so

4516

02:40:08,230 --> 02:40:06,560

it just comes back to if it's true what

4517

02:40:10,070 --> 02:40:08,240

changes and if it's not true what

4518

02:40:11,429 --> 02:40:10,080

changes but if that kind of thing is

4519

02:40:13,910 --> 02:40:11,439

true that thoughts can change the world

4520

02:40:16,150 --> 02:40:13,920

and so forth then we we appear to be in

4521

02:40:18,710 --> 02:40:16,160

a frame a game that has an 80 20

4522

02:40:20,710 --> 02:40:18,720

distribution and the 20 of the people

4523

02:40:22,469 --> 02:40:20,720

who are so gifted to even sit there and

4524

02:40:24,870 --> 02:40:22,479

concentrate on changing the world in a

4525

02:40:27,830 --> 02:40:24,880

positive way they're not doing very good

4526

02:40:29,349 --> 02:40:27,840

you know or they're doing all too well

4527

02:40:30,630 --> 02:40:29,359

you know against the forces that they

4528

02:40:31,910 --> 02:40:30,640

battle with

4529

02:40:33,670 --> 02:40:31,920

but i think it's a

4530

02:40:35,590 --> 02:40:33,680

little bit of a stretch to think that

4531

02:40:38,150 --> 02:40:35,600

you know that is what's happening and i

4532

02:40:39,590 --> 02:40:38,160

would personally feel that with the

4533

02:40:41,030 --> 02:40:39,600

amount of intelligence that i have

4534

02:40:44,469 --> 02:40:41,040

whatever you would call that i don't

4535

02:40:46,469 --> 02:40:44,479

know how you would would uh sum it up

4536

02:40:48,070 --> 02:40:46,479

i'm a failure because damn if i can

4537

02:40:49,349 --> 02:40:48,080

change the world just by changing my you

4538

02:40:51,590 --> 02:40:49,359

know my thoughts

4539

02:40:54,870 --> 02:40:51,600

i'm not doing nearly enough you know and

4540

02:40:56,550 --> 02:40:54,880

i can't i i i can't see that i've

4541

02:40:58,550 --> 02:40:56,560

accomplished nearly as much as i should

4542

02:40:59,429 --> 02:40:58,560

be able to if that's true

4543

02:41:03,750 --> 02:40:59,439

or

4544

02:41:05,750 --> 02:41:03,760

say man there are masters out there who

4545

02:41:07,990 --> 02:41:05,760

are better than you maybe one day kid

4546

02:41:10,150 --> 02:41:08,000

maybe one day i see what you're saying

4547

02:41:12,150 --> 02:41:10,160

i think that it's just those kinds of

4548

02:41:13,910 --> 02:41:12,160

things just circle us back to

4549

02:41:15,110 --> 02:41:13,920

the same position

4550

02:41:17,510 --> 02:41:15,120

okay let me see if i understand what

4551
02:41:19,830 --> 02:41:17,520
you're saying so

4552
02:41:22,630 --> 02:41:19,840
taking this idea of one's own thoughts

4553
02:41:24,389 --> 02:41:22,640
can change the world and then

4554
02:41:26,230 --> 02:41:24,399
stretching that out and saying if i can

4555
02:41:29,270 --> 02:41:26,240
change the world why can't through a

4556
02:41:32,469 --> 02:41:29,280
sheer force of will or through a sheer

4557
02:41:34,469 --> 02:41:32,479
shift of beliefs why can't i drastically

4558
02:41:35,670 --> 02:41:34,479
improve the conditions of many people on

4559
02:41:38,230 --> 02:41:35,680
the earth

4560
02:41:39,670 --> 02:41:38,240
is it something like that spider-man 101

4561
02:41:41,590 --> 02:41:39,680
with great power comes great

4562
02:41:43,990 --> 02:41:41,600
responsibility so [h__h] up cowboy if you

4563
02:41:45,910 --> 02:41:44,000

can do that let's go like let's see it

4564

02:41:47,590 --> 02:41:45,920

and the fact the better is there are

4565

02:41:49,670 --> 02:41:47,600

people who are doing incredible things

4566

02:41:51,990 --> 02:41:49,680

but are they doing it are they doing it

4567

02:41:53,830 --> 02:41:52,000

because the proposition that you have

4568

02:41:55,429 --> 02:41:53,840

laid out i'm not saying that you you

4569

02:41:57,510 --> 02:41:55,439

yeah yeah yeah yeah you're forwarding it

4570

02:41:59,270 --> 02:41:57,520

but yeah is it is the impact that

4571

02:42:01,910 --> 02:41:59,280

they're creating on the world is it

4572

02:42:03,830 --> 02:42:01,920

because that that proposition is true or

4573

02:42:05,429 --> 02:42:03,840

is it that they're creating impact in

4574

02:42:07,270 --> 02:42:05,439

the world

4575

02:42:10,630 --> 02:42:07,280

because of something else that governs

4576

02:42:12,389 --> 02:42:10,640

the other laws that govern reality

4577

02:42:14,630 --> 02:42:12,399

like really i mean

4578

02:42:16,070 --> 02:42:14,640

because if we can figure that out

4579

02:42:17,990 --> 02:42:16,080

then maybe

4580

02:42:19,910 --> 02:42:18,000

maybe some true

4581

02:42:21,910 --> 02:42:19,920

um you know what they sometimes called

4582

02:42:23,830 --> 02:42:21,920

the omega point will happen

4583

02:42:25,670 --> 02:42:23,840

or you know the singularity will happen

4584

02:42:27,270 --> 02:42:25,680

is that from janus i mean this that from

4585

02:42:28,630 --> 02:42:27,280

julian barber the omega point or is that

4586

02:42:30,150 --> 02:42:28,640

from someone else

4587

02:42:32,950 --> 02:42:30,160

uh well it's uh i think it's from the

4588

02:42:34,309 --> 02:42:32,960

19th century a french jesuit priest um

4589

02:42:36,230 --> 02:42:34,319

but he may have mentioned i haven't read

4590

02:42:38,230 --> 02:42:36,240

that book yet but um

4591

02:42:39,910 --> 02:42:38,240

uh he may mention it he may well i think

4592

02:42:41,349 --> 02:42:39,920

dennett mentioned it too the omega poi

4593

02:42:43,030 --> 02:42:41,359

someone mentioned they'll make a point

4594

02:42:44,469 --> 02:42:43,040

and i'm just trying to recall who it was

4595

02:42:46,550 --> 02:42:44,479

i know that they weren't the originators

4596

02:42:48,150 --> 02:42:46,560

of it but but the omega point has a

4597

02:42:50,630 --> 02:42:48,160

negative consequence too because part of

4598

02:42:52,309 --> 02:42:50,640

that idea uh was then taught i think it

4599

02:42:53,830 --> 02:42:52,319

was jacqueline in the technological

4600

02:42:56,309 --> 02:42:53,840

society which came out in the 70s at

4601
02:42:58,630 --> 02:42:56,319
some point he had said yeah if that sort

4602
02:43:00,870 --> 02:42:58,640
of thing happens then imagine humanity

4603
02:43:03,910 --> 02:43:00,880
builds a machine and then that machine

4604
02:43:06,710 --> 02:43:03,920
figures out how to reproduce its own

4605
02:43:08,950 --> 02:43:06,720
matter it would then most likely fill

4606
02:43:10,710 --> 02:43:08,960
all available matter with itself pushing

4607
02:43:11,990 --> 02:43:10,720
out everything else

4608
02:43:13,349 --> 02:43:12,000
but that might be what's happening

4609
02:43:15,750 --> 02:43:13,359
already anyway

4610
02:43:18,309 --> 02:43:15,760
i don't know um but that's not that's

4611
02:43:20,710 --> 02:43:18,319
certainly not for you know

4612
02:43:21,510 --> 02:43:20,720
the betterment of anything necessarily

4613
02:43:25,429 --> 02:43:21,520

just

4614

02:43:27,590 --> 02:43:25,439

totally but maybe that's what the

4615

02:43:30,230 --> 02:43:27,600

universe already is and its selfness

4616

02:43:32,630 --> 02:43:30,240

trying to be itself totally um

4617

02:43:34,389 --> 02:43:32,640

but i again those those ideas are fun i

4618

02:43:36,070 --> 02:43:34,399

think there's a genre of people so to

4619

02:43:37,750 --> 02:43:36,080

speak who just love playing around with

4620

02:43:38,790 --> 02:43:37,760

those kind of ideas but it always comes

4621

02:43:41,190 --> 02:43:38,800

back to

4622

02:43:43,510 --> 02:43:41,200

so what uh what can we do with that now

4623

02:43:45,590 --> 02:43:43,520

and it's possible like i i go back to

4624

02:43:47,429 --> 02:43:45,600

the ant behavior metaphor we've got all

4625

02:43:49,190 --> 02:43:47,439

kinds of helper ants on the planet we've

4626

02:43:52,150 --> 02:43:49,200

got some ants that are like super ants

4627

02:43:54,150 --> 02:43:52,160

maybe and maybe all of humanity maybe is

4628

02:43:56,389 --> 02:43:54,160

conspiring to help elon musk create

4629

02:43:58,150 --> 02:43:56,399

neural link so that it actually works so

4630

02:44:00,950 --> 02:43:58,160

that we don't have to send humans to

4631

02:44:03,349 --> 02:44:00,960

mars we can just send chips into space

4632

02:44:05,349 --> 02:44:03,359

that encode our consciousness

4633

02:44:07,349 --> 02:44:05,359

maybe that's what humans are doing but

4634

02:44:09,910 --> 02:44:07,359

if they're doing it based on the

4635

02:44:11,990 --> 02:44:09,920

proposition that you said i mean

4636

02:44:14,550 --> 02:44:12,000

you can read it either way damn there's

4637

02:44:15,670 --> 02:44:14,560

some powerful thought ninjas out there

4638

02:44:17,269 --> 02:44:15,680

or

4639

02:44:18,870 --> 02:44:17,279

have what took so long you know i don't

4640

02:44:21,349 --> 02:44:18,880

know but at the end of the day i don't

4641

02:44:22,150 --> 02:44:21,359

find it a satisfying proposition at all

4642

02:44:23,670 --> 02:44:22,160

um

4643

02:44:25,110 --> 02:44:23,680

myself but

4644

02:44:26,790 --> 02:44:25,120

that's okay that's okay let's get to

4645

02:44:28,950 --> 02:44:26,800

germany let's get to some german

4646

02:44:30,790 --> 02:44:28,960

language when we first exchanged some

4647

02:44:31,750 --> 02:44:30,800

emails i asked you

4648

02:44:37,750 --> 02:44:31,760

there

4649

02:44:38,870 --> 02:44:37,760

two who speak german and who give

4650

02:44:43,110 --> 02:44:38,880

wonderful

4651

02:44:44,309 --> 02:44:43,120

don't know how to speak

4652

02:44:45,429 --> 02:44:44,319

german

4653

02:44:47,590 --> 02:44:45,439

so i

4654

02:44:48,309 --> 02:44:47,600

i watch their english lectures but it's

4655

02:44:50,150 --> 02:44:48,319

not

4656

02:44:51,670 --> 02:44:50,160

but i would love to see the german ones

4657

02:44:53,110 --> 02:44:51,680

as well and i thought well

4658

02:44:54,950 --> 02:44:53,120

how can i learn

4659

02:44:56,870 --> 02:44:54,960

german and then i

4660

02:44:58,150 --> 02:44:56,880

as at that point i was already

4661

02:44:59,990 --> 02:44:58,160

exchanging emails with you and i saw

4662

02:45:01,670 --> 02:45:00,000

that you're somewhat of a language

4663

02:45:04,070 --> 02:45:01,680

expert yourself so i thought well why

4664

02:45:06,309 --> 02:45:04,080

don't i ask anthony as to how can one go

4665

02:45:08,070 --> 02:45:06,319

about learning german efficiently given

4666

02:45:09,670 --> 02:45:08,080

this is my goal i don't need to be

4667

02:45:11,030 --> 02:45:09,680

conversational and go to germany i don't

4668

02:45:14,870 --> 02:45:11,040

care about that i care about

4669

02:45:18,230 --> 02:45:14,880

understanding these lectures now

4670

02:45:20,710 --> 02:45:18,240

i can clearly just go to the

4671

02:45:22,630 --> 02:45:20,720

youtube translation and put in the

4672

02:45:25,429 --> 02:45:22,640

closed captions for english and i have

4673

02:45:26,870 --> 02:45:25,439

done that but it's boring because

4674

02:45:28,150 --> 02:45:26,880

i have to read and then i have to watch

4675

02:45:31,030 --> 02:45:28,160

i want to see his facial expression is

4676

02:45:33,750 --> 02:45:31,040

he joking when he says so and so and the

4677

02:45:35,349 --> 02:45:33,760

translations aren't perfect and it is

4678

02:45:36,630 --> 02:45:35,359

distracting to read and to try and

4679

02:45:38,070 --> 02:45:36,640

listen at the same time and i thought

4680

02:45:39,910 --> 02:45:38,080

man it would be wonderful if i could

4681

02:45:41,429 --> 02:45:39,920

speak german but then um

4682

02:45:42,870 --> 02:45:41,439

and then you told me well here's how you

4683

02:45:45,269 --> 02:45:42,880

can do it

4684

02:45:46,710 --> 02:45:45,279

but then i thought man that requires so

4685

02:45:48,309 --> 02:45:46,720

much more work

4686

02:45:49,349 --> 02:45:48,319

than at least but you can tell me if i'm

4687

02:45:51,190 --> 02:45:49,359

wrong but this is what it occurred to me

4688

02:45:52,469 --> 02:45:51,200

i'm like man this is way harder than i

4689

02:45:53,510 --> 02:45:52,479

thought and i thought it would be as

4690

02:45:55,349 --> 02:45:53,520

simple as

4691

02:45:57,030 --> 02:45:55,359

so you can spend two weeks part-time

4692

02:45:59,190 --> 02:45:57,040

curt like at the end of a night just an

4693

02:46:01,910 --> 02:45:59,200

hour a day for two weeks

4694

02:46:03,750 --> 02:46:01,920

that is 14 hours in total and and learn

4695

02:46:05,110 --> 02:46:03,760

german to the degree that you want to

4696

02:46:06,710 --> 02:46:05,120

learn it i don't think that's true and i

4697

02:46:08,830 --> 02:46:06,720

thought that that i was hoping that

4698

02:46:12,710 --> 02:46:08,840

would be the case

4699

02:46:15,429 --> 02:46:12,720

anyway i think do you think for my goals

4700

02:46:19,030 --> 02:46:17,510

learning german in general for my goals

4701
02:46:21,349 --> 02:46:19,040
now that you know what specifically what

4702
02:46:22,950 --> 02:46:21,359
they are do you think that it's

4703
02:46:26,389 --> 02:46:22,960
it's better for me to

4704
02:46:29,349 --> 02:46:26,399
learn the german that he speaks in that

4705
02:46:31,510 --> 02:46:29,359
lecture or should i just

4706
02:46:32,870 --> 02:46:31,520
swallow the pill of finding it difficult

4707
02:46:36,469 --> 02:46:32,880
to

4708
02:46:37,510 --> 02:46:36,479
time and just read them and go through

4709
02:46:39,190 --> 02:46:37,520
it

4710
02:46:41,269 --> 02:46:39,200
which one do you think is a better use

4711
02:46:44,389 --> 02:46:41,279
for my time given that my goal is simply

4712
02:46:45,830 --> 02:46:44,399
to understand those lectures in german

4713
02:46:47,750 --> 02:46:45,840

i think

4714

02:46:48,870 --> 02:46:47,760

well first i have to say i don't know

4715

02:46:51,349 --> 02:46:48,880

but

4716

02:46:53,990 --> 02:46:51,359

i would advise you to learn german as

4717

02:46:57,349 --> 02:46:54,000

such because at some level that guy is

4718

02:46:58,870 --> 02:46:57,359

speaking german as such and then

4719

02:47:01,510 --> 02:46:58,880

if you think of german as having many

4720

02:47:03,510 --> 02:47:01,520

aspects to it there's there's the the

4721

02:47:05,190 --> 02:47:03,520

hawk deutsche that he's speaking or

4722

02:47:06,710 --> 02:47:05,200

german as such let's call it and then

4723

02:47:08,630 --> 02:47:06,720

there's going to be the technical

4724

02:47:11,990 --> 02:47:08,640

language which i noticed a lot of those

4725

02:47:14,309 --> 02:47:12,000

titles are uh you know essentially

4726

02:47:15,830 --> 02:47:14,319

the the german version of

4727

02:47:17,269 --> 02:47:15,840

terms we would recognize in english

4728

02:47:18,469 --> 02:47:17,279

anyway right yeah yeah

4729

02:47:20,550 --> 02:47:18,479

but then there's

4730

02:47:22,469 --> 02:47:20,560

yeah there's going to be

4731

02:47:23,750 --> 02:47:22,479

there's going to be a lot of nuance that

4732

02:47:25,349 --> 02:47:23,760

comes from

4733

02:47:28,230 --> 02:47:25,359

the way german is used in those

4734

02:47:29,510 --> 02:47:28,240

technical fields so you then want to

4735

02:47:31,190 --> 02:47:29,520

spend some time

4736

02:47:33,590 --> 02:47:31,200

figuring out you know how is he using

4737

02:47:34,790 --> 02:47:33,600

german how do scholars use german

4738

02:47:37,830 --> 02:47:34,800

because

4739

02:47:39,269 --> 02:47:37,840

scholastic german is is quite nuanced um

4740

02:47:41,269 --> 02:47:39,279

uh

4741

02:47:43,750 --> 02:47:41,279

that's a different type of german what a

4742

02:47:45,750 --> 02:47:43,760

language is is already complicated and

4743

02:47:47,349 --> 02:47:45,760

if we're using german as an example i

4744

02:47:49,990 --> 02:47:47,359

mean there is a thing called hak deutsch

4745

02:47:52,550 --> 02:47:50,000

which is sort of the codified german

4746

02:47:55,590 --> 02:47:52,560

that they want you to speak you know uh

4747

02:47:56,469 --> 02:47:55,600

to unify the country

4748

02:47:57,910 --> 02:47:56,479

and

4749

02:48:00,469 --> 02:47:57,920

whether or not people actually speak it

4750

02:48:03,030 --> 02:48:00,479

or not that is the question because i

4751
02:48:05,670 --> 02:48:03,040
learned german in both east germany or

4752
02:48:07,750 --> 02:48:05,680
in berlin and uh often lived in the east

4753
02:48:10,389 --> 02:48:07,760
part of berlin and i learned it in west

4754
02:48:12,389 --> 02:48:10,399
germany uh in sarbrook and

4755
02:48:14,389 --> 02:48:12,399
near the french border which is quite

4756
02:48:16,550 --> 02:48:14,399
influenced by french

4757
02:48:18,950 --> 02:48:16,560
in in pronunciation and yada yada so

4758
02:48:19,830 --> 02:48:18,960
there's many germans to learn

4759
02:48:21,830 --> 02:48:19,840
so

4760
02:48:23,910 --> 02:48:21,840
i would i would figure out what what

4761
02:48:26,550 --> 02:48:23,920
city that guy lives in and you know try

4762
02:48:27,910 --> 02:48:26,560
to um or those guys live in and try to

4763
02:48:30,870 --> 02:48:27,920

figure out you know can you find

4764

02:48:33,190 --> 02:48:30,880

examples to work from that may be

4765

02:48:34,950 --> 02:48:33,200

helpful with their accent and so forth

4766

02:48:36,950 --> 02:48:34,960

but definitely learn german as such

4767

02:48:40,630 --> 02:48:36,960

because every technical german that

4768

02:48:42,710 --> 02:48:40,640

they're learning or they're using um

4769

02:48:45,110 --> 02:48:42,720

so i'm not i'm not sure that there is an

4770

02:48:46,550 --> 02:48:45,120

actual term for like this in shaft

4771

02:48:48,150 --> 02:48:46,560

deutsch which would be scientific german

4772

02:48:51,030 --> 02:48:48,160

but there is going to be

4773

02:48:53,670 --> 02:48:51,040

in that genre in that in that fach which

4774

02:48:54,710 --> 02:48:53,680

is subject um fock deutsch i guess you

4775

02:48:55,510 --> 02:48:54,720

would maybe call it i don't know i'm

4776

02:48:56,790 --> 02:48:55,520

just

4777

02:48:59,269 --> 02:48:56,800

you can do this with german like you

4778

02:49:01,190 --> 02:48:59,279

could just make stuff up

4779

02:49:02,710 --> 02:49:01,200

so it must be that somebody has used

4780

02:49:04,550 --> 02:49:02,720

that term before but it would be like

4781

02:49:06,150 --> 02:49:04,560

subject german um so you're going to

4782

02:49:07,910 --> 02:49:06,160

have like these onion layers and the

4783

02:49:09,670 --> 02:49:07,920

more you learn you know you more you

4784

02:49:11,030 --> 02:49:09,680

appear into it but there's like he might

4785

02:49:13,910 --> 02:49:11,040

be from a region that speaks plat

4786

02:49:15,429 --> 02:49:13,920

deutsch or you know he might be uh

4787

02:49:17,269 --> 02:49:15,439

berlinerish or something like this it's

4788

02:49:18,950 --> 02:49:17,279

like i don't know he could be highly

4789

02:49:20,630 --> 02:49:18,960

inflected by certain things his students

4790

02:49:22,710 --> 02:49:20,640

would know because they know german as

4791

02:49:25,269 --> 02:49:22,720

such uh and they you know would be able

4792

02:49:26,469 --> 02:49:25,279

to guess but man i've been in cities

4793

02:49:28,870 --> 02:49:26,479

where

4794

02:49:30,950 --> 02:49:28,880

on one street they say ish kaufa and one

4795

02:49:33,030 --> 02:49:30,960

block over they say ichacuff which is

4796

02:49:35,269 --> 02:49:33,040

the same thing yeah i recall you saying

4797

02:49:37,510 --> 02:49:35,279

that and for the people listening

4798

02:49:39,830 --> 02:49:37,520

anthony was so kind to me so kind that

4799

02:49:41,990 --> 02:49:39,840

when i just exchanged three emails in

4800

02:49:43,349 --> 02:49:42,000

total with him three by the third email

4801
02:49:45,750 --> 02:49:43,359
i said hey this is by the way what i'm

4802
02:49:47,910 --> 02:49:45,760
thinking about learning he recorded a 15

4803
02:49:50,469 --> 02:49:47,920
minute lecture for me essentially on his

4804
02:49:51,990 --> 02:49:50,479
computer of 15 minutes of his own time

4805
02:49:54,550 --> 02:49:52,000
it wasn't quick

4806
02:49:56,070 --> 02:49:54,560
it wasn't fast typing keyboard

4807
02:49:58,469 --> 02:49:56,080
letters it was

4808
02:50:00,150 --> 02:49:58,479
actual 15 minute screen recording him

4809
02:50:02,070 --> 02:50:00,160
speaking to me speaking to the camera

4810
02:50:03,990 --> 02:50:02,080
for me to listen to later i found that

4811
02:50:05,830 --> 02:50:04,000
to be so i didn't thank you enough for

4812
02:50:08,870 --> 02:50:05,840
that so thank you please i didn't i'm

4813
02:50:10,950 --> 02:50:08,880

sorry if i i'm curt to use a pun i'm

4814

02:50:12,469 --> 02:50:10,960

curt over emails well this is this is my

4815

02:50:14,150 --> 02:50:12,479

karma yoga this is how i do the

4816

02:50:16,389 --> 02:50:14,160

nietzschean proposition i'm cursed to

4817

02:50:18,790 --> 02:50:16,399

live every day so why not live it in the

4818

02:50:21,510 --> 02:50:18,800

way that makes me feel blissful well i

4819

02:50:23,190 --> 02:50:21,520

i'm i'm honored and i don't think i'm

4820

02:50:24,870 --> 02:50:23,200

grateful enough for the fact that you

4821

02:50:26,309 --> 02:50:24,880

find bliss in helping me or helping

4822

02:50:27,269 --> 02:50:26,319

others in general but at least for me

4823

02:50:28,630 --> 02:50:27,279

i'm the only one that can feel this

4824

02:50:30,950 --> 02:50:28,640

right now so i i don't think i'm

4825

02:50:31,910 --> 02:50:30,960

grateful enough and and

4826

02:50:34,469 --> 02:50:31,920

thank you

4827

02:50:36,630 --> 02:50:34,479

for oh my pleasure i think it was the

4828

02:50:39,030 --> 02:50:36,640

buddha who said that expectation is the

4829

02:50:40,469 --> 02:50:39,040

quickest path to suffering so had i

4830

02:50:42,309 --> 02:50:40,479

expected anything from you that would

4831

02:50:43,030 --> 02:50:42,319

have been my failure but i'm glad that

4832

02:50:45,269 --> 02:50:43,040

yeah

4833

02:50:46,950 --> 02:50:45,279

i'm glad that it uh that helped you or

4834

02:50:49,190 --> 02:50:46,960

it impacted you or impressed you or

4835

02:50:51,110 --> 02:50:49,200

whatever it did um

4836

02:50:52,950 --> 02:50:51,120

but that's the secret that's the secret

4837

02:50:55,030 --> 02:50:52,960

of how to memorize uh

4838

02:50:55,910 --> 02:50:55,040

german or to learn german using memory

4839

02:50:58,150 --> 02:50:55,920

techniques

4840

02:50:59,190 --> 02:50:58,160

okay i'm gonna get to now some audience

4841

02:51:01,590 --> 02:50:59,200

questions

4842

02:51:03,349 --> 02:51:01,600

okay all right i don't know if you have

4843

02:51:04,630 --> 02:51:03,359

this issue but when i ask people for

4844

02:51:07,670 --> 02:51:04,640

audience questions

4845

02:51:09,590 --> 02:51:07,680

i i find it so difficult to read their

4846

02:51:11,590 --> 02:51:09,600

questions i don't know why

4847

02:51:13,030 --> 02:51:11,600

if it's text from a book it's different

4848

02:51:17,269 --> 02:51:13,040

but if it's

4849

02:51:21,349 --> 02:51:19,990

if they're not realizing that i'm

4850

02:51:23,110 --> 02:51:21,359

that it's easier for me to read it

4851
02:51:24,710 --> 02:51:23,120
verbatim and that sometimes it doesn't

4852
02:51:26,630 --> 02:51:24,720
make sense the way that they've written

4853
02:51:27,910 --> 02:51:26,640
it or if i'm just

4854
02:51:29,429 --> 02:51:27,920
processing it differently because it's

4855
02:51:31,510 --> 02:51:29,439
an audience question but i have such a

4856
02:51:33,349 --> 02:51:31,520
difficult time with reading audience

4857
02:51:35,190 --> 02:51:33,359
questions i can read quotations

4858
02:51:36,389 --> 02:51:35,200
completely fine from a book but audience

4859
02:51:38,309 --> 02:51:36,399
questions i have a difficult time so

4860
02:51:39,670 --> 02:51:38,319
sorry martin if i'm not reading your

4861
02:51:40,870 --> 02:51:39,680
entire question

4862
02:51:42,230 --> 02:51:40,880
i'm going to read this has improving

4863
02:51:45,030 --> 02:51:42,240

your memory led you to believing there

4864

02:51:50,710 --> 02:51:48,790

well it has changed how i experience

4865

02:51:52,389 --> 02:51:50,720

reality that's for sure

4866

02:51:54,710 --> 02:51:52,399

but back to what we talked about before

4867

02:51:56,389 --> 02:51:54,720

i don't believe things or i try to avoid

4868

02:51:57,429 --> 02:51:56,399

the idea of believing things because why

4869

02:51:59,510 --> 02:51:57,439

would i need to believe something that

4870

02:52:02,550 --> 02:51:59,520

was true so it is true

4871

02:52:05,510 --> 02:52:02,560

that memory has changed how i experience

4872

02:52:07,030 --> 02:52:05,520

my acts of will in the world and why

4873

02:52:09,269 --> 02:52:07,040

because i have

4874

02:52:11,510 --> 02:52:09,279

worked a lot on a particular procedural

4875

02:52:13,990 --> 02:52:11,520

training which is when my little mind

4876
02:52:16,630 --> 02:52:14,000
goes oh this sucks or this is a waste of

4877
02:52:18,389 --> 02:52:16,640
time or i hate this damn thing i just

4878
02:52:20,389 --> 02:52:18,399
have trained myself is this thought

4879
02:52:23,429 --> 02:52:20,399
useful and you know

4880
02:52:25,269 --> 02:52:23,439
that has changed everything because

4881
02:52:26,950 --> 02:52:25,279
i didn't choose to have those thoughts i

4882
02:52:29,030 --> 02:52:26,960
don't have a will in it you know i'm

4883
02:52:31,110 --> 02:52:29,040
working on annihilating it totally if

4884
02:52:33,110 --> 02:52:31,120
that's possible i don't know gary weber

4885
02:52:34,790 --> 02:52:33,120
says it's possible a lot thousands of

4886
02:52:36,230 --> 02:52:34,800
you know people say in their books that

4887
02:52:38,630 --> 02:52:36,240
it's possible that you could have

4888
02:52:40,790 --> 02:52:38,640

complete lasting nirvana here on earth

4889

02:52:42,870 --> 02:52:40,800

or whatever nervy kalpa samadhi i think

4890

02:52:44,630 --> 02:52:42,880

they call it um so i'm just working on

4891

02:52:46,870 --> 02:52:44,640

it just to see if it's possible but i've

4892

02:52:48,710 --> 02:52:46,880

let go of the outcome yeah

4893

02:52:50,790 --> 02:52:48,720

please give the cliff notes version of

4894

02:52:52,550 --> 02:52:50,800

the ted talk for the audience because

4895

02:52:54,309 --> 02:52:52,560

you mentioned this a couple times

4896

02:52:57,030 --> 02:52:54,319

of not finding your thoughts useful or

4897

02:52:59,030 --> 02:52:57,040

asking that question and yeah and how

4898

02:53:00,870 --> 02:52:59,040

useful that has been so do you mind

4899

02:53:03,670 --> 02:53:00,880

giving that

4900

02:53:05,349 --> 02:53:03,680

giving giving a quick recap yeah

4901

02:53:07,190 --> 02:53:05,359

well the long and short of it is i have

4902

02:53:10,070 --> 02:53:07,200

dealt with mental health issues for a

4903

02:53:13,030 --> 02:53:10,080

very long time and some of them involve

4904

02:53:16,790 --> 02:53:13,040

what is typically called harm ocd and a

4905

02:53:18,469 --> 02:53:16,800

lot of it is just really nasty and uh

4906

02:53:20,389 --> 02:53:18,479

i've just suffered with thoughts and

4907

02:53:22,710 --> 02:53:20,399

self-denigration blah blah blah like you

4908

02:53:25,269 --> 02:53:22,720

name it uh and it happens still to this

4909

02:53:26,710 --> 02:53:25,279

day i used to take medication for it and

4910

02:53:28,550 --> 02:53:26,720

then i stopped i was doing like a

4911

02:53:30,870 --> 02:53:28,560

biohacking experiment and started using

4912

02:53:32,389 --> 02:53:30,880

bulletproof coffee instead of psychiatry

4913

02:53:33,910 --> 02:53:32,399

what year was that

4914

02:53:36,309 --> 02:53:33,920

uh that i stopped psychiatric medicine

4915

02:53:38,469 --> 02:53:36,319

or whatever i tried bulletproof coffee

4916

02:53:41,670 --> 02:53:38,479

oh that would have been 2015

4917

02:53:43,990 --> 02:53:41,680

oh that was fairly recent huh

4918

02:53:46,150 --> 02:53:44,000

yeah i i stopped medication in 2015 and

4919

02:53:47,990 --> 02:53:46,160

just started doing my own thing to deal

4920

02:53:50,710 --> 02:53:48,000

with mental health issues

4921

02:53:52,630 --> 02:53:50,720

and uh it was risky i did it with doctor

4922

02:53:55,590 --> 02:53:52,640

supervision this is not advice to

4923

02:53:57,110 --> 02:53:55,600

anybody but you know i did it what i

4924

02:53:59,910 --> 02:53:57,120

think is the right way with doctor

4925

02:54:01,670 --> 02:53:59,920

supervision and uh also i had a health

4926

02:54:02,870 --> 02:54:01,680

coach and yada yada

4927

02:54:03,990 --> 02:54:02,880

but anyway

4928

02:54:04,870 --> 02:54:04,000

just to get back to what the talk is

4929

02:54:06,950 --> 02:54:04,880

about

4930

02:54:08,870 --> 02:54:06,960

i started to i had always meditated but

4931

02:54:11,510 --> 02:54:08,880

it hadn't really created you know these

4932

02:54:13,190 --> 02:54:11,520

masterful experiences except for i had

4933

02:54:15,190 --> 02:54:13,200

these weird experiences of like a bit of

4934

02:54:16,230 --> 02:54:15,200

light in the center of my forehead

4935

02:54:18,630 --> 02:54:16,240

sometimes

4936

02:54:20,230 --> 02:54:18,640

and uh i came to brisbane and i met a

4937

02:54:21,590 --> 02:54:20,240

guy

4938

02:54:23,590 --> 02:54:21,600

long story but we know each other from

4939

02:54:24,870 --> 02:54:23,600

the internet and we were talking about

4940

02:54:26,630 --> 02:54:24,880

atheism and we were talking about

4941

02:54:28,230 --> 02:54:26,640

spirituality and he's a

4942

02:54:30,630 --> 02:54:28,240

he has a website called project monkey

4943

02:54:33,269 --> 02:54:30,640

mind and he works a lot on helping

4944

02:54:34,790 --> 02:54:33,279

people with psychiatric issues and etc

4945

02:54:36,309 --> 02:54:34,800

and bringing more mindfulness through

4946

02:54:39,590 --> 02:54:36,319

journaling anyway we're talking about

4947

02:54:41,269 --> 02:54:39,600

this stuff and i said you know

4948

02:54:43,030 --> 02:54:41,279

i'm not gonna he said have you ever

4949

02:54:44,710 --> 02:54:43,040

tried chanting or any of that because

4950

02:54:46,950 --> 02:54:44,720

you can memorize stuff and i said i'm

4951
02:54:48,550 --> 02:54:46,960
never gonna do that because i just the

4952
02:54:51,349 --> 02:54:48,560
religious people they're the enemy like

4953
02:54:53,349 --> 02:54:51,359
i was really at that time

4954
02:54:55,750 --> 02:54:53,359
this is before uber atheism

4955
02:54:57,590 --> 02:54:55,760
this is before uber 80s yeah i was i was

4956
02:54:59,590 --> 02:54:57,600
i was hook line and sinker

4957
02:55:03,429 --> 02:54:59,600
with the new atheists kind of stuff you

4958
02:55:05,429 --> 02:55:03,439
know us versus them kind of crap and um

4959
02:55:07,670 --> 02:55:05,439
i'm sympathetic to them still but that's

4960
02:55:09,030 --> 02:55:07,680
what the way it was and he just said

4961
02:55:10,790 --> 02:55:09,040
he said to me have you ever heard of

4962
02:55:12,630 --> 02:55:10,800
gary webber and i was like no who the

4963
02:55:15,110 --> 02:55:12,640

hell is that and he said well he used to

4964

02:55:17,190 --> 02:55:15,120

be like you he he he actually

4965

02:55:19,030 --> 02:55:17,200

wanted to find a meditation program to

4966

02:55:20,710 --> 02:55:19,040

stop his own mental thoughts the

4967

02:55:22,070 --> 02:55:20,720

suffering he had extreme suffering and

4968

02:55:23,990 --> 02:55:22,080

somehow he came across the idea of the

4969

02:55:26,070 --> 02:55:24,000

sanskrit he memorized all the sanskrit

4970

02:55:27,110 --> 02:55:26,080

and one day his thoughts went away and i

4971

02:55:29,030 --> 02:55:27,120

was like what do you mean his thoughts

4972

02:55:32,550 --> 02:55:29,040

went away he's like just gone

4973

02:55:34,469 --> 02:55:32,560

and i just said bs right but

4974

02:55:36,710 --> 02:55:34,479

i pride myself a little bit in being a

4975

02:55:38,630 --> 02:55:36,720

skeptic like a true skeptic which i go

4976

02:55:41,670 --> 02:55:38,640

out and investigate so i read gary

4977

02:55:42,469 --> 02:55:41,680

weber's books and then i thought

4978

02:55:45,110 --> 02:55:42,479

huh

4979

02:55:47,190 --> 02:55:45,120

well i i i know memory techniques i can

4980

02:55:50,309 --> 02:55:47,200

memorize all of this sanskrit i can do

4981

02:55:52,790 --> 02:55:50,319

it correctly or quickly and um

4982

02:55:55,110 --> 02:55:52,800

let's see what happens and lo and behold

4983

02:55:58,550 --> 02:55:55,120

would you know it

4984

02:56:00,070 --> 02:55:58,560

i i started to feel way better and i

4985

02:56:01,910 --> 02:56:00,080

started to have this tool

4986

02:56:03,670 --> 02:56:01,920

and i started to be tortured less and

4987

02:56:05,830 --> 02:56:03,680

less and less by these thoughts my wife

4988

02:56:08,070 --> 02:56:05,840

noticed it all my friends noticed it my

4989

02:56:12,070 --> 02:56:08,080

youtube audience noticed it i was just

4990

02:56:13,670 --> 02:56:12,080

freer happier etc and then one day i got

4991

02:56:15,110 --> 02:56:13,680

really mad at the internet and it was

4992

02:56:16,389 --> 02:56:15,120

partly related to that google ad

4993

02:56:18,870 --> 02:56:16,399

experiment that i was telling you about

4994

02:56:20,950 --> 02:56:18,880

yeah yeah nick i almost threw my laptop

4995

02:56:22,710 --> 02:56:20,960

out the window and i just said no no i

4996

02:56:24,550 --> 02:56:22,720

go for a walk anyway i go and i sit in

4997

02:56:26,710 --> 02:56:24,560

the park and all of a sudden my thoughts

4998

02:56:28,710 --> 02:56:26,720

did disappear and i mean gone

4999

02:56:29,590 --> 02:56:28,720

and i was just like what the hell is

5000

02:56:32,710 --> 02:56:29,600

this

5001
02:56:35,349 --> 02:56:32,720
and that touched me so deeply and it's

5002
02:56:37,830 --> 02:56:35,359
it's like a tuning fork was hit

5003
02:56:39,510 --> 02:56:37,840
that still is ringing to this day

5004
02:56:42,309 --> 02:56:39,520
and i still have thoughts

5005
02:56:44,070 --> 02:56:42,319
but man it's been it's just

5006
02:56:46,710 --> 02:56:44,080
it's paid off i worry about sounding

5007
02:56:49,349 --> 02:56:46,720
like a religious nut but it was um i

5008
02:56:51,190 --> 02:56:49,359
think it's scientifically explainable

5009
02:56:53,830 --> 02:56:51,200
and as weber explains it this is the

5010
02:56:55,990 --> 02:56:53,840
default mode network that is like i i me

5011
02:56:58,630 --> 02:56:56,000
me this is the task positive network

5012
02:56:59,990 --> 02:56:58,640
which is more in the moment flow not too

5013
02:57:02,950 --> 02:57:00,000

concerned about the future not too

5014

02:57:05,269 --> 02:57:02,960

concerned about the past etc more

5015

02:57:07,670 --> 02:57:05,279

more aware of the present moment and it

5016

02:57:08,870 --> 02:57:07,680

makes total sense so i just have kept

5017

02:57:10,469 --> 02:57:08,880

practicing

5018

02:57:12,150 --> 02:57:10,479

and i i

5019

02:57:13,510 --> 02:57:12,160

pretty sure that if you tested it with

5020

02:57:15,990 --> 02:57:13,520

other people it doesn't have to be

5021

02:57:17,349 --> 02:57:16,000

sanskrit but i think there is something

5022

02:57:19,030 --> 02:57:17,359

to the knowledge

5023

02:57:20,710 --> 02:57:19,040

because the knowledge in the sanskrit

5024

02:57:23,030 --> 02:57:20,720

that i've memorized is just trying to

5025

02:57:26,070 --> 02:57:23,040

remember you to get you to remember this

5026

02:57:27,349 --> 02:57:26,080

is it this moment is it so use it wisely

5027

02:57:29,190 --> 02:57:27,359

you know and that thought that you're

5028

02:57:31,190 --> 02:57:29,200

having it's like a little child it's a

5029

02:57:32,790 --> 02:57:31,200

little boy that's like

5030

02:57:34,950 --> 02:57:32,800

not behaving so

5031

02:57:37,429 --> 02:57:34,960

you know get rid of it the idea that you

5032

02:57:39,830 --> 02:57:37,439

are real it says in the sanskrit is as

5033

02:57:41,830 --> 02:57:39,840

rare as a rabbit with horns which makes

5034

02:57:44,070 --> 02:57:41,840

you laugh when you when you remind

5035

02:57:45,349 --> 02:57:44,080

yourself of the sanskrit but why has it

5036

02:57:47,110 --> 02:57:45,359

come to mind

5037

02:57:48,950 --> 02:57:47,120

because of procedural memory training

5038

02:57:50,550 --> 02:57:48,960

and that's why i think

5039

02:57:51,830 --> 02:57:50,560

and and if you read gary webber between

5040

02:57:53,910 --> 02:57:51,840

the lines that's what he's saying he

5041

02:57:56,230 --> 02:57:53,920

still has planning thoughts he still has

5042

02:57:57,670 --> 02:57:56,240

to you know do whatever people have to

5043

02:57:59,910 --> 02:57:57,680

do as long as they're a meat tube that

5044

02:58:01,750 --> 02:57:59,920

are walking the planet you know

5045

02:58:03,429 --> 02:58:01,760

he's not tortured just not tortured and

5046

02:58:06,630 --> 02:58:03,439

i'm not tortured anymore and it's so

5047

02:58:11,269 --> 02:58:09,590

this was around 2015

5048

02:58:13,349 --> 02:58:11,279

well this project breaking memory

5049

02:58:14,870 --> 02:58:13,359

started in the the breakthrough started

5050

02:58:16,070 --> 02:58:14,880

in 2017

5051

02:58:17,110 --> 02:58:16,080

but i

5052

02:58:19,190 --> 02:58:17,120

think

5053

02:58:21,190 --> 02:58:19,200

i had some help from getting off the

5054

02:58:23,110 --> 02:58:21,200

medicine and i also quit drinking

5055

02:58:24,950 --> 02:58:23,120

because i was a i was a lush i mean i

5056

02:58:26,070 --> 02:58:24,960

lived in germany how about psychedelics

5057

02:58:26,950 --> 02:58:26,080

or even

5058

02:58:29,190 --> 02:58:26,960

weed

5059

02:58:30,950 --> 02:58:29,200

marijuana

5060

02:58:33,349 --> 02:58:30,960

yeah i i

5061

02:58:34,870 --> 02:58:33,359

i spent a lot of time with those things

5062

02:58:37,349 --> 02:58:34,880

unfortunately i started with it too

5063

02:58:39,830 --> 02:58:37,359

young i uh when i was 14 i had a really

5064

02:58:41,670 --> 02:58:39,840

bad experience um

5065

02:58:43,110 --> 02:58:41,680

which was really good in its way as well

5066

02:58:45,349 --> 02:58:43,120

i think it was

5067

02:58:46,710 --> 02:58:45,359

i think it had the impact that that a

5068

02:58:48,870 --> 02:58:46,720

lot of people talk about i've never done

5069

02:58:50,230 --> 02:58:48,880

ayahuasca but like i think it had a

5070

02:58:51,590 --> 02:58:50,240

similar impact

5071

02:58:53,830 --> 02:58:51,600

basically what happened is i dropped

5072

02:58:55,910 --> 02:58:53,840

double a double dose

5073

02:58:56,870 --> 02:58:55,920

at lunch hour in grade nine

5074

02:58:59,110 --> 02:58:56,880

okay

5075

02:59:01,750 --> 02:58:59,120

and uh double dip blue moon it was

5076

02:59:03,190 --> 02:59:01,760

called that's and i was yeah

5077

02:59:04,469 --> 02:59:03,200

i was fine

5078

02:59:07,269 --> 02:59:04,479

i had to leave school because it was

5079

02:59:10,230 --> 02:59:07,279

getting too intense quite quickly but uh

5080

02:59:11,510 --> 02:59:10,240

by about 9 p.m i i thought i had peaked

5081

02:59:13,590 --> 02:59:11,520

and was done

5082

02:59:15,030 --> 02:59:13,600

and i went and saw some friends and they

5083

02:59:17,830 --> 02:59:15,040

were smoking something to this day i

5084

02:59:20,469 --> 02:59:17,840

don't know what it is but uh

5085

02:59:23,030 --> 02:59:20,479

it was it was laced maybe with pcp but i

5086

02:59:25,110 --> 02:59:23,040

just took the can and i huffed like you

5087

02:59:26,630 --> 02:59:25,120

wouldn't believe and let me tell you on

5088

02:59:29,110 --> 02:59:26,640

top of the double dip

5089

02:59:30,550 --> 02:59:29,120

yeah that acid was not over i mean my

5090

02:59:31,750 --> 02:59:30,560

friends later told me or i heard

5091

02:59:33,510 --> 02:59:31,760

somewhere that there's a thing a

5092

02:59:34,870 --> 02:59:33,520

phenomenon called roller coaster acid

5093

02:59:36,389 --> 02:59:34,880

which is you can feel like you're peaked

5094

02:59:39,510 --> 02:59:36,399

and back to normal but you haven't

5095

02:59:44,309 --> 02:59:41,510

so anyway somewhere that night i peaked

5096

02:59:47,590 --> 02:59:44,319

but man i i i lived in eternity that

5097

02:59:51,269 --> 02:59:49,110

let's just say i was lucky that i had

5098

02:59:54,150 --> 02:59:51,279

some people who helped me read carlos

5099

02:59:55,910 --> 02:59:54,160

castaneda for example um

5100

02:59:57,750 --> 02:59:55,920

who also had some pretty intense drug

5101
02:59:59,429 --> 02:59:57,760
experiences that helped me contextualize

5102
03:00:00,550 --> 02:59:59,439
it a little bit and from there i got

5103
03:00:02,870 --> 03:00:00,560
into

5104
03:00:04,710 --> 03:00:02,880
you know herman hesse and camus and

5105
03:00:07,590 --> 03:00:04,720
stuff so i had tools to help me but i

5106
03:00:08,469 --> 03:00:07,600
was destroyed i had anxiety for

5107
03:00:10,469 --> 03:00:08,479
uh

5108
03:00:13,349 --> 03:00:10,479
that was around age 14 i had really bad

5109
03:00:14,389 --> 03:00:13,359
anxiety until i was about 37 or so

5110
03:00:17,510 --> 03:00:14,399
um

5111
03:00:19,030 --> 03:00:17,520
that's that's that's so strange because

5112
03:00:20,790 --> 03:00:19,040
well i guess if you're 14 that's

5113
03:00:22,870 --> 03:00:20,800

completely different for people who are

5114

03:00:24,790 --> 03:00:22,880

adults psychedelics are salubrious they

5115

03:00:26,950 --> 03:00:24,800

actually help

5116

03:00:30,230 --> 03:00:26,960

oh believe me i before that experience i

5117

03:00:31,830 --> 03:00:30,240

had lots of fun experiences with lsd but

5118

03:00:34,309 --> 03:00:31,840

we used to live beside a guy who was a

5119

03:00:36,309 --> 03:00:34,319

ubc chem major and he would bring home

5120

03:00:37,349 --> 03:00:36,319

lots that he had created in the lab and

5121

03:00:38,710 --> 03:00:37,359

he'd say

5122

03:00:40,230 --> 03:00:38,720

have a try of this and tell me why

5123

03:00:42,469 --> 03:00:40,240

you're saying it's pure

5124

03:00:44,230 --> 03:00:42,479

well yeah that's what he said

5125

03:00:45,750 --> 03:00:44,240

but yeah um

5126
03:00:47,750 --> 03:00:45,760
we would name it for him oh yeah let's

5127
03:00:49,910 --> 03:00:47,760
call this electric dragon and uh yadda

5128
03:00:51,349 --> 03:00:49,920
yadda and that guy you know

5129
03:00:54,150 --> 03:00:51,359
true he's good he's like he's not in

5130
03:00:56,070 --> 03:00:54,160
jail but i never i never told until

5131
03:00:57,670 --> 03:00:56,080
uh until now i mean i've told a few

5132
03:00:59,349 --> 03:00:57,680
people over the years but i don't

5133
03:01:03,269 --> 03:00:59,359
remember his name or who he was but what

5134
03:01:08,150 --> 03:01:05,830
as an aside speaking of of unscrupulous

5135
03:01:09,670 --> 03:01:08,160
people in the educational field there

5136
03:01:10,870 --> 03:01:09,680
was this teacher that i had maybe i'll

5137
03:01:11,910 --> 03:01:10,880
tell the story another time but i'll

5138
03:01:13,190 --> 03:01:11,920

give you

5139

03:01:15,269 --> 03:01:13,200

a quick version of it there's this

5140

03:01:17,750 --> 03:01:15,279

teacher i had who this was back when you

5141

03:01:19,030 --> 03:01:17,760

could burn cds and video games and so on

5142

03:01:21,030 --> 03:01:19,040

and now you can just download them right

5143

03:01:23,110 --> 03:01:21,040

okay so this is

5144

03:01:24,389 --> 03:01:23,120

2004 or so

5145

03:01:26,469 --> 03:01:24,399

and

5146

03:01:27,670 --> 03:01:26,479

he would he i hated the class that i was

5147

03:01:29,990 --> 03:01:27,680

in

5148

03:01:31,830 --> 03:01:30,000

i hated it was plenty of memorization

5149

03:01:35,030 --> 03:01:31,840

that i didn't care about

5150

03:01:36,230 --> 03:01:35,040

maybe if i had taken your lessons i i

5151

03:01:39,910 --> 03:01:36,240

would

5152

03:01:42,389 --> 03:01:39,920

exercise but i saw it as a

5153

03:01:43,830 --> 03:01:42,399

it's an imposition anyway he said okay

5154

03:01:45,110 --> 03:01:43,840

well why don't you first why don't you

5155

03:01:48,389 --> 03:01:45,120

burn me some games and i'll give you

5156

03:01:50,389 --> 03:01:48,399

grades so first of all burning burning

5157

03:01:51,990 --> 03:01:50,399

cds at all is

5158

03:01:54,150 --> 03:01:52,000

illegal and then second he's like i'll

5159

03:01:57,030 --> 03:01:54,160

just give you good grades for it

5160

03:01:58,790 --> 03:01:57,040

anyway okay well i'm well i'm fortunate

5161

03:02:00,950 --> 03:01:58,800

to have him that's teachers are humans

5162

03:02:04,150 --> 03:02:00,960

too right yeah yeah

5163

03:02:06,550 --> 03:02:04,160

okay okay let's get to another question

5164

03:02:08,230 --> 03:02:06,560

sure sure yeah okay someone wants to

5165

03:02:09,750 --> 03:02:08,240

know who are your favorite authors to

5166

03:02:11,670 --> 03:02:09,760

read in german now that brings me back

5167

03:02:14,230 --> 03:02:11,680

to that gary weber i don't know if he's

5168

03:02:16,230 --> 03:02:14,240

german or not but what one book if

5169

03:02:17,910 --> 03:02:16,240

people from this were to take away just

5170

03:02:20,230 --> 03:02:17,920

one book of his which one would you say

5171

03:02:22,309 --> 03:02:20,240

is the most helpful

5172

03:02:24,150 --> 03:02:22,319

oh i i don't think it's one but

5173

03:02:26,150 --> 03:02:24,160

happiness beyond thought and evolving

5174

03:02:27,590 --> 03:02:26,160

beyond thought those two kind of they

5175

03:02:29,269 --> 03:02:27,600

kind of go together

5176

03:02:31,349 --> 03:02:29,279

but if you had to pick one

5177

03:02:33,110 --> 03:02:31,359

just roll the dice i mean i don't know

5178

03:02:35,590 --> 03:02:33,120

yeah each one is fine and which order if

5179

03:02:37,030 --> 03:02:35,600

you could pick both which one would you

5180

03:02:38,790 --> 03:02:37,040

read first

5181

03:02:39,990 --> 03:02:38,800

well in my experience

5182

03:02:41,269 --> 03:02:40,000

and this is what gary weber points out

5183

03:02:42,710 --> 03:02:41,279

in happiness beyond thought don't try to

5184

03:02:44,150 --> 03:02:42,720

reproduce the journey of somebody else

5185

03:02:46,150 --> 03:02:44,160

it's not going to happen so it's like

5186

03:02:48,230 --> 03:02:46,160

irrelevant which order you read them or

5187

03:02:50,150 --> 03:02:48,240

i i can't predict but i read happiness

5188

03:02:51,990 --> 03:02:50,160

beyond thought first i started getting

5189

03:02:54,550 --> 03:02:52,000

some great results out of it but it was

5190

03:02:56,469 --> 03:02:54,560

really a memorizing the script in

5191

03:02:59,670 --> 03:02:56,479

evolving beyond thought where the game

5192

03:03:03,670 --> 03:02:59,680

started to change and that script is

5193

03:03:05,030 --> 03:03:03,680

select selections from the ribhugita and

5194

03:03:07,510 --> 03:03:05,040

i mean if you want to talk about uber

5195

03:03:10,150 --> 03:03:07,520

atheism there it is i mean it's it's the

5196

03:03:12,150 --> 03:03:10,160

implications of that sort of prove the

5197

03:03:14,710 --> 03:03:12,160

proposition of uber atheism that i'm

5198

03:03:17,590 --> 03:03:14,720

saying i've had i personally have

5199

03:03:19,429 --> 03:03:17,600

arrived at from looking into sanskrit

5200

03:03:22,150 --> 03:03:19,439

after that i went back and memorized the

5201

03:03:24,150 --> 03:03:22,160

sanskrit in um happiness beyond thought

5202

03:03:27,269 --> 03:03:24,160

which is from a text called the

5203

03:03:30,150 --> 03:03:27,279

upadesa sharam uh and uh there's some

5204

03:03:31,590 --> 03:03:30,160

extracts there from bhagavad-gita uh in

5205

03:03:33,190 --> 03:03:31,600

any case

5206

03:03:34,309 --> 03:03:33,200

look

5207

03:03:35,750 --> 03:03:34,319

just uh

5208

03:03:37,590 --> 03:03:35,760

if you will if you're interested in that

5209

03:03:39,110 --> 03:03:37,600

kind of stuff give it a try

5210

03:03:41,670 --> 03:03:39,120

keep an open mind but not so open that

5211

03:03:43,429 --> 03:03:41,680

your mind you know falls out and

5212

03:03:45,990 --> 03:03:43,439

i found it incredibly useful i think

5213

03:03:48,630 --> 03:03:46,000

i've got good reasons why why that it's

5214

03:03:49,910 --> 03:03:48,640

useful but the point is

5215

03:03:52,070 --> 03:03:49,920

don't try to reproduce the teacher and

5216

03:03:53,670 --> 03:03:52,080

have a have a goal i had a goal i wanted

5217

03:03:56,309 --> 03:03:53,680

to stop this

5218

03:03:57,910 --> 03:03:56,319

nonsense chatter or at least reduce its

5219

03:03:59,590 --> 03:03:57,920

negative impact in my life and it's

5220

03:04:02,230 --> 03:03:59,600

worked so well

5221

03:04:04,710 --> 03:04:02,240

but i also did the dietary stuff i got

5222

03:04:06,790 --> 03:04:04,720

rid of alcohol i haven't had alcohol or

5223

03:04:08,230 --> 03:04:06,800

drugs for many years now and i feel like

5224

03:04:11,750 --> 03:04:08,240

almost every year i get cleaner and

5225

03:04:14,070 --> 03:04:11,760

cleaner because i drink a lot um

5226

03:04:15,910 --> 03:04:14,080

so i wouldn't pin it all on memorizing

5227

03:04:18,070 --> 03:04:15,920

some sanskrit even though it

5228

03:04:20,389 --> 03:04:18,080

i think i see it i see it the knowledge

5229

03:04:23,349 --> 03:04:20,399

of it has been huge for dealing with

5230

03:04:25,269 --> 03:04:23,359

thoughts because it says in the atmobota

5231

03:04:27,830 --> 03:04:25,279

constant practice

5232

03:04:29,910 --> 03:04:27,840

neutralizes ignorance as a base

5233

03:04:32,070 --> 03:04:29,920

neutralizes an acid purifying the

5234

03:04:33,910 --> 03:04:32,080

individual self so

5235

03:04:35,190 --> 03:04:33,920

basically practicing what knowledge well

5236

03:04:36,710 --> 03:04:35,200

the knowledge that now is the only

5237

03:04:38,870 --> 03:04:36,720

moment what other knowledge could be

5238

03:04:40,790 --> 03:04:38,880

more impactful i don't know but uh

5239

03:04:42,790 --> 03:04:40,800

constantly practicing it is really great

5240

03:04:45,110 --> 03:04:42,800

in terms of german authors

5241

03:04:47,110 --> 03:04:45,120

or german books i mean patrick suskind i

5242

03:04:48,710 --> 03:04:47,120

was very lucky to read german well

5243

03:04:50,550 --> 03:04:48,720

enough that i eventually got to read

5244

03:04:52,309 --> 03:04:50,560

that kurt cobain suggestion from when i

5245

03:04:54,230 --> 03:04:52,319

was a teenager in german absolutely

5246

03:04:56,309 --> 03:04:54,240

amazing book

5247

03:04:58,389 --> 03:04:56,319

there's a book called dating berlin that

5248

03:05:00,070 --> 03:04:58,399

i really like which is written by an

5249

03:05:03,190 --> 03:05:00,080

ex-prostitute

5250

03:05:07,429 --> 03:05:03,200

who had immigrated to berlin from italy

5251

03:05:08,469 --> 03:05:07,439

and uh i really like that book a lot uh

5252

03:05:09,990 --> 03:05:08,479

i don't know if we can swear on your

5253

03:05:11,750 --> 03:05:10,000

channel but it's part two of another

5254

03:05:14,070 --> 03:05:11,760

book that has a has an english swear

5255

03:05:15,670 --> 03:05:14,080

word in it and so i i will allow people

5256

03:05:18,870 --> 03:05:15,680

to search that much i personally don't

5257

03:05:20,870 --> 03:05:18,880

care about the swearing it's more about

5258

03:05:23,349 --> 03:05:20,880

foolish

5259

03:05:24,870 --> 03:05:23,359

worry of the demonetization you know i

5260

03:05:29,429 --> 03:05:24,880

even wanted to

5261

03:05:31,910 --> 03:05:29,439

look up or inquire into covet in the

5262

03:05:34,150 --> 03:05:31,920

vaccine because from what i'm here i'm

5263

03:05:36,150 --> 03:05:34,160

hearing plenty of different

5264

03:05:38,389 --> 03:05:36,160

pieces of information so i thought why

5265

03:05:40,150 --> 03:05:38,399

can't i just speak to an expert

5266

03:05:41,990 --> 03:05:40,160

who is pro covert vaccine and then

5267

03:05:43,429 --> 03:05:42,000

anti-covert vaccine have them on this

5268

03:05:46,630 --> 03:05:43,439

channel and have them duke it out or

5269

03:05:47,990 --> 03:05:46,640

have me be a mediator between them and

5270

03:05:49,590 --> 03:05:48,000

it turns out as you search for

5271

03:05:51,910 --> 03:05:49,600

information as to why the vaccine is

5272

03:05:53,269 --> 03:05:51,920

ineffective so you can find plenty of

5273

03:05:55,349 --> 03:05:53,279

information as the vaccine is what you

5274

03:05:57,030 --> 03:05:55,359

should take but as soon as you do search

5275

03:05:58,469 --> 03:05:57,040

the opposite then

5276

03:06:01,269 --> 03:05:58,479

you don't get much information you only

5277

03:06:03,990 --> 03:06:01,279

get about how anti-vaxxers are

5278

03:06:05,750 --> 03:06:04,000

obscene idiots and

5279

03:06:07,670 --> 03:06:05,760

even on google and it

5280

03:06:09,910 --> 03:06:07,680

and it seems like if you try to talk

5281

03:06:12,550 --> 03:06:09,920

about that the vaccine may not be the

5282

03:06:14,150 --> 03:06:12,560

way to go or or there are more

5283

03:06:15,030 --> 03:06:14,160

criteria it's not as simple as people

5284

03:06:17,030 --> 03:06:15,040

think

5285

03:06:19,750 --> 03:06:17,040

it seems like you get demonetized and

5286

03:06:22,070 --> 03:06:19,760

it's so it it drains me so much anthony

5287

03:06:23,990 --> 03:06:22,080

to think that i can't even explore this

5288

03:06:26,230 --> 03:06:24,000

i want to know for myself i want to know

5289

03:06:28,309 --> 03:06:26,240

i'm not an anti-vaxxer i'm not a provac

5290

03:06:30,389 --> 03:06:28,319

i don't know man i don't know i want to

5291

03:06:33,030 --> 03:06:30,399

know why can't i get people on my

5292

03:06:35,510 --> 03:06:33,040

program to to speak about it without

5293

03:06:37,510 --> 03:06:35,520

having to worry that my day job which is

5294

03:06:41,030 --> 03:06:37,520

this my the money that comes in will be

5295

03:06:42,950 --> 03:06:41,040

dried up and it's

5296

03:06:45,030 --> 03:06:42,960

it it upsets me

5297

03:06:47,750 --> 03:06:45,040

i'm deeply concerned about this and

5298

03:06:50,870 --> 03:06:47,760

i'll tell you why in the year 1600 a guy

5299

03:06:54,309 --> 03:06:50,880

named bruno jordano bruno was burned at

5300

03:06:56,550 --> 03:06:54,319

the stake he was a memory here

5301

03:06:58,790 --> 03:06:56,560

he was a memory wizard he's the guy that

5302

03:07:01,429 --> 03:06:58,800

we get a lot of these techniques from

5303

03:07:04,790 --> 03:07:01,439

he memorized and created memory systems

5304

03:07:07,269 --> 03:07:04,800

that are so powerful and so profound

5305

03:07:08,550 --> 03:07:07,279

and he was burnt at the stake because he

5306

03:07:10,870 --> 03:07:08,560

said hey you know what there's an

5307

03:07:13,030 --> 03:07:10,880

infinity out there and quite possibly

5308

03:07:15,510 --> 03:07:13,040

there are not only infinite planets but

5309

03:07:17,990 --> 03:07:15,520

infinite gods on those planets you know

5310

03:07:19,269 --> 03:07:18,000

and uh that was too much and they

5311

03:07:22,150 --> 03:07:19,279

they killed him

5312

03:07:23,590 --> 03:07:22,160

and as a memory person i i think that

5313

03:07:24,550 --> 03:07:23,600

example of him being burned at that

5314

03:07:26,710 --> 03:07:24,560

stake

5315

03:07:29,590 --> 03:07:26,720

for just saying what he thought

5316

03:07:31,590 --> 03:07:29,600

is very timely or should be more

5317

03:07:33,750 --> 03:07:31,600

on our minds and i made a video myself

5318

03:07:35,750 --> 03:07:33,760

about that when kappa came out and i

5319

03:07:37,349 --> 03:07:35,760

said i said i don't want to direct

5320

03:07:38,870 --> 03:07:37,359

address this issue directly right

5321

03:07:40,950 --> 03:07:38,880

because this issue just keeps on coming

5322

03:07:42,710 --> 03:07:40,960

and coming tip gore when i was a kid put

5323

03:07:44,469 --> 03:07:42,720

parental advisory stickers on everything

5324

03:07:46,790 --> 03:07:44,479

you couldn't buy a heavy metal album

5325

03:07:49,750 --> 03:07:46,800

without being told that it was uh you

5326

03:07:51,670 --> 03:07:49,760

know dangerous or whatever right

5327

03:07:54,070 --> 03:07:51,680

so this issue that's happening now is

5328

03:07:57,990 --> 03:07:54,080

not new it seems to come in waves and so

5329

03:07:59,830 --> 03:07:58,000

forth but the consequences of the of it

5330

03:08:02,150 --> 03:07:59,840

should never have to happen again that

5331

03:08:03,750 --> 03:08:02,160

people are are being burned at the stake

5332

03:08:05,590 --> 03:08:03,760

and they are right now it's just there's

5333

03:08:06,870 --> 03:08:05,600

no fire and there's no pillary but

5334

03:08:11,510 --> 03:08:06,880

there's

5335

03:08:12,469 --> 03:08:11,520

this term symbolic behavior because i

5336

03:08:16,790 --> 03:08:12,479

think it's

5337

03:08:19,030 --> 03:08:16,800

start seeing that this tribalness it

5338

03:08:21,429 --> 03:08:19,040

goes beyond virtue signaling it's much

5339

03:08:22,630 --> 03:08:21,439

deeper than that it's much more nuanced

5340

03:08:26,070 --> 03:08:22,640

there is

5341

03:08:27,190 --> 03:08:26,080

that we could potentially solve about it

5342

03:08:28,630 --> 03:08:27,200

but i don't know how and the

5343

03:08:31,030 --> 03:08:28,640

implications of machines reading

5344

03:08:34,070 --> 03:08:31,040

everything that we're doing all the time

5345

03:08:35,750 --> 03:08:34,080

and making decisions on it in real time

5346

03:08:37,269 --> 03:08:35,760

uh is

5347

03:08:39,349 --> 03:08:37,279

is not what i would have hoped for the

5348

03:08:41,429 --> 03:08:39,359

internet i mean

5349

03:08:43,670 --> 03:08:41,439

it should be the opposite uh

5350

03:08:45,910 --> 03:08:43,680

yeah yeah it is

5351

03:08:47,670 --> 03:08:45,920

it doesn't it's not pleasant to think

5352

03:08:49,269 --> 03:08:47,680

about and

5353

03:08:50,550 --> 03:08:49,279

there's a guy named jonathan pagio who

5354

03:08:52,230 --> 03:08:50,560

has a wonderful channel called the

5355

03:08:54,150 --> 03:08:52,240

symbolic world that you might like if

5356

03:08:55,910 --> 03:08:54,160

you haven't heard of him already yeah

5357

03:08:57,670 --> 03:08:55,920

yeah okay so

5358

03:08:59,190 --> 03:08:57,680

so john okay i was going to recommend

5359

03:09:01,030 --> 03:08:59,200

him i recommend that there's something

5360

03:09:03,349 --> 03:09:01,040

else that reddit apparently is toying

5361

03:09:04,230 --> 03:09:03,359

with not sure if this is true or not not

5362

03:09:07,429 --> 03:09:04,240

sure

5363

03:09:09,269 --> 03:09:07,439

but apparently they're toying with

5364

03:09:10,630 --> 03:09:09,279

they can ban your account yes for

5365

03:09:12,469 --> 03:09:10,640

whatever reason like let's say they

5366

03:09:13,910 --> 03:09:12,479

think you're a white supremacist they'll

5367

03:09:16,070 --> 03:09:13,920

ban you but also

5368

03:09:18,710 --> 03:09:16,080

they're thinking of banning you if

5369

03:09:20,150 --> 03:09:18,720

you've upvoted other people who have

5370

03:09:22,309 --> 03:09:20,160

been banned

5371

03:09:24,710 --> 03:09:22,319

now that to me is another step

5372

03:09:27,429 --> 03:09:24,720

and then it makes you think well man

5373

03:09:29,510 --> 03:09:27,439

what the heck am i supposed

5374

03:09:31,030 --> 03:09:29,520

i know for my film better left than said

5375

03:09:32,950 --> 03:09:31,040

i was called a white supremacist even

5376

03:09:34,790 --> 03:09:32,960

though i'm brown and even though i don't

5377

03:09:36,710 --> 03:09:34,800

even though i admonish white

5378

03:09:38,790 --> 03:09:36,720

supremacists in the film

5379

03:09:41,110 --> 03:09:38,800

it doesn't matter because

5380

03:09:43,110 --> 03:09:41,120

i am apparently going against the

5381

03:09:45,349 --> 03:09:43,120

extreme left and then because you're

5382

03:09:47,429 --> 03:09:45,359

doing that then what you are must be the

5383

03:09:48,230 --> 03:09:47,439

exact opposite which is a fascist and so

5384

03:09:50,710 --> 03:09:48,240

on

5385

03:09:53,030 --> 03:09:50,720

and hopefully you see that i'm not or i

5386

03:09:54,630 --> 03:09:53,040

i hope that the people who are watching

5387

03:09:55,670 --> 03:09:54,640

me for any more than five minutes long

5388

03:09:56,950 --> 03:09:55,680

can

5389

03:09:58,630 --> 03:09:56,960

detect that

5390

03:10:00,870 --> 03:09:58,640

well it doesn't take it takes more than

5391

03:10:02,389 --> 03:10:00,880

five minutes but you understand

5392

03:10:04,070 --> 03:10:02,399

and it's

5393

03:10:06,710 --> 03:10:04,080

it makes me wonder well what if i upload

5394

03:10:08,710 --> 03:10:06,720

some comments about free speech

5395

03:10:10,469 --> 03:10:08,720

and then later on talking about free

5396

03:10:13,349 --> 03:10:10,479

speech becomes a dog whistle quote

5397

03:10:15,030 --> 03:10:13,359

unquote for fascism then am i a fascist

5398

03:10:16,550 --> 03:10:15,040

by association to reddit and then how

5399

03:10:18,870 --> 03:10:16,560

far does that go

5400

03:10:20,710 --> 03:10:18,880

that's uh

5401

03:10:23,349 --> 03:10:20,720

that's tricky that's a

5402

03:10:25,190 --> 03:10:23,359

that's a treacherous situation

5403

03:10:26,389 --> 03:10:25,200

well you know i don't know where it's

5404

03:10:28,870 --> 03:10:26,399

going to go and i don't think anybody

5405

03:10:30,790 --> 03:10:28,880

does but we're already seeing

5406

03:10:32,870 --> 03:10:30,800

there was already two internets anyway

5407

03:10:34,150 --> 03:10:32,880

like with the dark web and so forth and

5408

03:10:36,150 --> 03:10:34,160

so we're just going to end up seeing

5409

03:10:37,830 --> 03:10:36,160

multiple internets i think that i mean

5410

03:10:40,630 --> 03:10:37,840

the implications of it are there's just

5411

03:10:42,550 --> 03:10:40,640

going to be more tribal not less when we

5412

03:10:44,230 --> 03:10:42,560

and i think tim berners-lee now has this

5413

03:10:45,910 --> 03:10:44,240

new idea that it's going to be a new

5414

03:10:46,790 --> 03:10:45,920

internet called solid

5415

03:10:48,389 --> 03:10:46,800

um

5416

03:10:50,309 --> 03:10:48,399

which would hopefully solve some of

5417

03:10:52,630 --> 03:10:50,319

these problems because

5418

03:10:53,750 --> 03:10:52,640

at the core of this i think it seems

5419

03:10:55,750 --> 03:10:53,760

pretty obvious to me but i could be

5420

03:10:57,910 --> 03:10:55,760

wrong is corporate interest and

5421

03:10:59,590 --> 03:10:57,920

corporate interest is you know no way to

5422

03:11:01,670 --> 03:10:59,600

run intellectual

5423

03:11:03,910 --> 03:11:01,680

the intellectual promise of the internet

5424

03:11:07,190 --> 03:11:03,920

to corral search to behave in a

5425

03:11:12,070 --> 03:11:09,110

but then you think well were libraries

5426

03:11:13,910 --> 03:11:12,080

better and no because libraries had even

5427

03:11:15,190 --> 03:11:13,920

more corralling of what was going to be

5428

03:11:17,030 --> 03:11:15,200

in those shelves and what wasn't going

5429

03:11:18,550 --> 03:11:17,040

to be in them so

5430

03:11:20,309 --> 03:11:18,560

you know

5431

03:11:21,429 --> 03:11:20,319

we end up with multiple internet so be

5432

03:11:23,910 --> 03:11:21,439

it but it's not going to be the great

5433

03:11:26,070 --> 03:11:23,920

promise of the oneness that the internet

5434

03:11:28,630 --> 03:11:26,080

provided of this seamless fluidity

5435

03:11:31,590 --> 03:11:28,640

between my question and your answer you

5436

03:11:32,790 --> 03:11:31,600

know um and that's tremendously sad to

5437

03:11:34,070 --> 03:11:32,800

lose when

5438

03:11:36,469 --> 03:11:34,080

if we're going to talk about the omega

5439

03:11:39,110 --> 03:11:36,479

point and all that sort of stuff like

5440

03:11:40,870 --> 03:11:39,120

we had singularity with a with an open

5441

03:11:42,950 --> 03:11:40,880

internet that wasn't

5442

03:11:45,030 --> 03:11:42,960

filled with gatekeepers but

5443

03:11:45,990 --> 03:11:45,040

who knows but they'll there's other ways

5444

03:11:47,990 --> 03:11:46,000

to have

5445

03:11:49,670 --> 03:11:48,000

quote-unquote internets and we'll

5446

03:11:51,349 --> 03:11:49,680

probably look at a future of

5447

03:11:52,790 --> 03:11:51,359

an infinity of them but that's not going

5448

03:11:55,590 --> 03:11:52,800

to i don't think it's going to have the

5449

03:11:57,670 --> 03:11:55,600

guttenberg press impact that this one had

5450

03:12:00,230 --> 03:11:57,680

and could protect i hope to speak i hope

5451
03:12:01,590 --> 03:12:00,240
to speak to tim burnis lee i emailed him

5452
03:12:03,590 --> 03:12:01,600
i would love to get him on this channel

5453
03:12:05,110 --> 03:12:03,600
to talk about the direction of the new

5454
03:12:06,950 --> 03:12:05,120
internet

5455
03:12:09,030 --> 03:12:06,960
oh well okay let's see what some people

5456
03:12:12,150 --> 03:12:09,040
say they say

5457
03:12:14,790 --> 03:12:12,160
that i am living in the set of 2001

5458
03:12:15,990 --> 03:12:14,800
spades space odyssey someone said

5459
03:12:19,590 --> 03:12:16,000
the backgrounds

5460
03:12:21,030 --> 03:12:19,600
that's that's the very good observation

5461
03:12:23,990 --> 03:12:21,040
okay

5462
03:12:25,750 --> 03:12:24,000
then let's see someone says as we're

5463
03:12:26,890 --> 03:12:25,760

talking about hal 2000 or whatever

5464

03:12:28,630 --> 03:12:26,900

that's what that's what comes up

5465

03:12:29,510 --> 03:12:28,640

[Laughter]

5466

03:12:31,590 --> 03:12:29,520

right

5467

03:12:33,670 --> 03:12:31,600

maybe there is a guiding consciousness

5468

03:12:35,269 --> 03:12:33,680

that was a that was a little too on the

5469

03:12:41,349 --> 03:12:35,279

point that reference to come up right

5470

03:12:45,030 --> 03:12:43,910

sentence apprentice is that the name of

5471

03:12:47,349 --> 03:12:45,040

the

5472

03:12:49,190 --> 03:12:47,359

book no that's that's called perfume

5473

03:12:52,150 --> 03:12:49,200

it's desperate nirvana right nirvana

5474

03:12:56,230 --> 03:12:52,160

song yeah it's das parfum in german by

5475

03:13:04,710 --> 03:12:58,550

okay yeah grunui i think is the name of

5476
03:13:08,710 --> 03:13:07,269
okay i'm not gonna take questions from

5477
03:13:09,750 --> 03:13:08,720
the live chat because it doesn't seem

5478
03:13:11,110 --> 03:13:09,760
like

5479
03:13:12,790 --> 03:13:11,120
there are any that i can discern right

5480
03:13:14,389 --> 03:13:12,800
now so i'll take the ones from before

5481
03:13:16,469 --> 03:13:14,399
the audience questions

5482
03:13:19,110 --> 03:13:16,479
many of these i wrongly positioned you

5483
03:13:21,269 --> 03:13:19,120
as someone who

5484
03:13:22,950 --> 03:13:21,279
aids in the memory of mathematicians so

5485
03:13:26,230 --> 03:13:22,960
many of these are

5486
03:13:27,990 --> 03:13:26,240
questions related to math

5487
03:13:30,550 --> 03:13:28,000
we can uh we can talk about that

5488
03:13:32,309 --> 03:13:30,560

formulas memorizing formulas is

5489

03:13:34,070 --> 03:13:32,319

not that difficult if you develop the

5490

03:13:36,630 --> 03:13:34,080

systems to do it

5491

03:13:38,950 --> 03:13:36,640

someone says do drugs enhance cognitive

5492

03:13:42,150 --> 03:13:38,960

performance and if so like which

5493

03:13:44,870 --> 03:13:42,160

that's steve agnew

5494

03:13:46,950 --> 03:13:44,880

uh well steve i mean that's neurotropics

5495

03:13:49,110 --> 03:13:46,960

and all that sort of stuff is

5496

03:13:50,790 --> 03:13:49,120

is an interesting topic

5497

03:13:53,030 --> 03:13:50,800

my position would be

5498

03:13:55,110 --> 03:13:53,040

do your research and consult a doctor

5499

03:13:56,389 --> 03:13:55,120

etc but if you want to improve your

5500

03:13:58,309 --> 03:13:56,399

memory as such and improve your

5501

03:14:01,429 --> 03:13:58,319

cognition as such do it for the long

5502

03:14:03,349 --> 03:14:01,439

term and invest in getting some memory

5503

03:14:04,950 --> 03:14:03,359

skills that enable you to do it without

5504

03:14:06,389 --> 03:14:04,960

drugs because

5505

03:14:07,910 --> 03:14:06,399

you know in my world in my memory

5506

03:14:09,910 --> 03:14:07,920

training world i tell people always be

5507

03:14:11,830 --> 03:14:09,920

like the samurai prepared to execute any

5508

03:14:13,110 --> 03:14:11,840

last move even with your head cut off

5509

03:14:14,870 --> 03:14:13,120

because if you don't have your pills

5510

03:14:15,910 --> 03:14:14,880

what's the use of all your cognitive

5511

03:14:18,070 --> 03:14:15,920

enhancement

5512

03:14:19,590 --> 03:14:18,080

based on pills

5513

03:14:21,110 --> 03:14:19,600

as opposed to

5514

03:14:23,349 --> 03:14:21,120

you know when i showed up at that memory

5515

03:14:25,510 --> 03:14:23,359

competition that we've mentioned i was

5516

03:14:28,229 --> 03:14:25,520

hangover i had a bad

5517

03:14:30,550 --> 03:14:28,239

day with my arthritis i have psoriatic

5518

03:14:32,389 --> 03:14:30,560

arthritis i was jet lagged and i still

5519

03:14:33,990 --> 03:14:32,399

did half as well as a guy who has two

5520

03:14:35,429 --> 03:14:34,000

guinness world records and i never

5521

03:14:37,110 --> 03:14:35,439

competed in a memory card

5522

03:14:38,870 --> 03:14:37,120

congratulations

5523

03:14:42,150 --> 03:14:38,880

so you know that's what i have to say to

5524

03:14:45,110 --> 03:14:42,160

neurotropics for cognitive performance

5525

03:14:47,269 --> 03:14:45,120

regesh or rajesh wants to know how can i

5526

03:14:50,790 --> 03:14:47,279

improve my short term memory or working

5527

03:14:52,870 --> 03:14:50,800

memory any routines any games

5528

03:14:53,910 --> 03:14:52,880

yeah i would build your own games and i

5529

03:14:57,510 --> 03:14:53,920

would

5530

03:15:00,309 --> 03:14:57,520

you to consider memory as more holistic

5531

03:15:01,830 --> 03:15:00,319

than short-term working memory go for

5532

03:15:04,389 --> 03:15:01,840

all the levels of memory so exercise

5533

03:15:08,229 --> 03:15:04,399

your autobiographical your semantic your

5534

03:15:10,309 --> 03:15:08,239

procedural your figural uh episodic etc

5535

03:15:11,830 --> 03:15:10,319

and the best way to get that holistic

5536

03:15:13,830 --> 03:15:11,840

comprehensive training is to build a

5537

03:15:16,469 --> 03:15:13,840

memory palace and memorize some stuff

5538

03:15:18,469 --> 03:15:16,479

using elaborative encoding using

5539

03:15:20,469 --> 03:15:18,479

what i call recall rehearsal and you

5540

03:15:21,590 --> 03:15:20,479

know doing it about four times a week at

5541

03:15:23,429 --> 03:15:21,600

least

5542

03:15:25,750 --> 03:15:23,439

for the next 90 days and you will be

5543

03:15:27,990 --> 03:15:25,760

amazed by what happens

5544

03:15:29,670 --> 03:15:28,000

have you heard of thomas aquinas's art

5545

03:15:31,429 --> 03:15:29,680

of memory

5546

03:15:33,190 --> 03:15:31,439

yes well i don't know that he has a text

5547

03:15:34,950 --> 03:15:33,200

of that but i do know his memory

5548

03:15:36,070 --> 03:15:34,960

writings

5549

03:15:37,429 --> 03:15:36,080

and

5550

03:15:40,389 --> 03:15:37,439

one of the things he says in there is

5551

03:15:42,229 --> 03:15:40,399

that memory favors organization and he

5552

03:15:44,469 --> 03:15:42,239

gives some specific steps about how to

5553

03:15:46,150 --> 03:15:44,479

optimize how you organize memory palaces

5554

03:15:47,990 --> 03:15:46,160

and it's very good

5555

03:15:50,229 --> 03:15:48,000

okay someone wants to know is addiction

5556

03:15:51,990 --> 03:15:50,239

related to memory

5557

03:15:52,870 --> 03:15:52,000

possibly um

5558

03:15:55,190 --> 03:15:52,880

there's certainly going to be a

5559

03:15:57,590 --> 03:15:55,200

procedural memory component

5560

03:16:01,750 --> 03:15:57,600

where you know you get quite addicted to

5561

03:16:05,670 --> 03:16:03,110

but i don't know enough about addiction

5562

03:16:08,790 --> 03:16:05,680

to really comment i know that

5563

03:16:10,790 --> 03:16:08,800

i have some times had addiction to go to

5564

03:16:12,710 --> 03:16:10,800

the gym for example but that's a very

5565

03:16:13,590 --> 03:16:12,720

positive addiction

5566

03:16:14,710 --> 03:16:13,600

so

5567

03:16:16,229 --> 03:16:14,720

i don't know i'm not

5568

03:16:17,830 --> 03:16:16,239

i'm not

5569

03:16:19,830 --> 03:16:17,840

but why is it a positive addiction like

5570

03:16:21,349 --> 03:16:19,840

somehow you get this urge to do it same

5571

03:16:23,670 --> 03:16:21,359

i've developed an urge to practice

5572

03:16:24,630 --> 03:16:23,680

memory or urge to meditate

5573

03:16:26,070 --> 03:16:24,640

uh

5574

03:16:27,750 --> 03:16:26,080

i don't know enough about it but i'm

5575

03:16:29,990 --> 03:16:27,760

sure that its procedural memory is

5576

03:16:31,750 --> 03:16:30,000

related at some level and also external

5577

03:16:33,190 --> 03:16:31,760

cues like you can build external cues

5578

03:16:34,790 --> 03:16:33,200

that help you remember

5579

03:16:36,469 --> 03:16:34,800

memory is not always inside your head it

5580

03:16:37,750 --> 03:16:36,479

can also be in the heads of others and

5581

03:16:39,510 --> 03:16:37,760

in the world

5582

03:16:40,790 --> 03:16:39,520

how long has anthony been practicing his

5583

03:16:43,269 --> 03:16:40,800

memory techniques

5584

03:16:45,110 --> 03:16:43,279

that's from trollop7 and the previous

5585

03:16:46,469 --> 03:16:45,120

question about

5586

03:16:48,870 --> 03:16:46,479

i just want to make sure i get people's

5587

03:16:52,070 --> 03:16:48,880

names in the previous question about is

5588

03:16:54,070 --> 03:16:52,080

addiction related to memory that is from

5589

03:17:00,229 --> 03:16:54,080

mystery bear

5590

03:17:03,590 --> 03:17:02,070

how long have you been practicing your

5591

03:17:05,910 --> 03:17:03,600

memory techniques

5592

03:17:07,990 --> 03:17:05,920

yeah the answer is 2003 is when i

5593

03:17:09,429 --> 03:17:08,000

started and i started very seriously and

5594

03:17:11,030 --> 03:17:09,439

i haven't really started

5595

03:17:13,110 --> 03:17:11,040

uh or since

5596

03:17:15,269 --> 03:17:13,120

i haven't taken any significant long

5597

03:17:17,429 --> 03:17:15,279

pauses since 2003.

5598

03:17:19,030 --> 03:17:17,439

there are a couple more questions but

5599

03:17:20,790 --> 03:17:19,040

i'm going to have to end it there man

5600

03:17:23,269 --> 03:17:20,800

thank you so much for being

5601
03:17:25,030 --> 03:17:23,279
great such a trooper and

5602
03:17:27,110 --> 03:17:25,040
and staying with me for maybe three and

5603
03:17:29,190 --> 03:17:27,120
a half hours so far

5604
03:17:31,429 --> 03:17:29,200
well i i really appreciate the

5605
03:17:32,710 --> 03:17:31,439
opportunity to jam and uh had a blast i

5606
03:17:35,429 --> 03:17:32,720
love what you're doing

5607
03:17:37,190 --> 03:17:35,439
uh and i really um look forward to more

5608
03:17:38,870 --> 03:17:37,200
great stuff on your channel thank you

5609
03:17:41,110 --> 03:17:38,880
man do you have a favorite of all the

5610
03:17:43,110 --> 03:17:41,120
podcasts just so i know i'm always

5611
03:17:45,910 --> 03:17:43,120
interested as to the different guests

5612
03:17:48,070 --> 03:17:45,920
what they like and what they don't like

5613
03:17:50,070 --> 03:17:48,080

um yeah well i like the richard higher

5614

03:17:53,750 --> 03:17:50,080

one i like that you recently did your

5615

03:17:55,429 --> 03:17:53,760

own first ama that was great um

5616

03:17:57,910 --> 03:17:55,439

yeah i mean i just i like the project

5617

03:18:00,550 --> 03:17:57,920

overall i i think it has a focus that's

5618

03:18:02,790 --> 03:18:00,560

kind of rare on the internet and

5619

03:18:03,910 --> 03:18:02,800

uh you managed to have a like variety

5620

03:18:05,590 --> 03:18:03,920

that is still

5621

03:18:07,590 --> 03:18:05,600

sort of focused on uh

5622

03:18:09,429 --> 03:18:07,600

on a good trajectory so

5623

03:18:11,349 --> 03:18:09,439

really amazing

5624

03:18:13,670 --> 03:18:11,359

thank you man

5625

03:18:15,110 --> 03:18:13,680

well well i know what i i know a little

5626
03:18:17,429 --> 03:18:15,120
bit about the hard work that goes into

5627
03:18:19,030 --> 03:18:17,439
it so you know i admire

5628
03:18:20,630 --> 03:18:19,040
that i know

5629
03:18:22,710 --> 03:18:20,640
something from experience about what

5630
03:18:25,590 --> 03:18:22,720
goes what goes into it and then having

5631
03:18:27,750 --> 03:18:25,600
that sort of ability to balance focus

5632
03:18:28,710 --> 03:18:27,760
and variety is very challenging so

5633
03:18:30,469 --> 03:18:28,720
thank you

5634
03:18:32,229 --> 03:18:30,479
i appreciate it this is a great time for

5635
03:18:34,870 --> 03:18:32,239
me to mention for people who want to see

5636
03:18:38,790 --> 03:18:34,880
more conversations like this that i do

5637
03:18:40,389 --> 03:18:38,800
have a patreon it's patreon.com

5638
03:18:42,710 --> 03:18:40,399

and it doesn't seem like it but each

5639

03:18:44,309 --> 03:18:42,720

dollar helps every single patient sorry

5640

03:18:46,229 --> 03:18:44,319

patient patron

5641

03:18:48,469 --> 03:18:46,239

every single patron helps that's not a

5642

03:18:51,349 --> 03:18:48,479

pair of practices every single one helps

5643

03:18:54,070 --> 03:18:51,359

and i i even tell my wife like i'm i'm

5644

03:18:55,429 --> 03:18:54,080

being honest each one i'm like babe babe

5645

03:18:57,429 --> 03:18:55,439

look at this there's someone to the page

5646

03:18:58,550 --> 03:18:57,439

and she's like oh my gosh babe even if

5647

03:19:01,030 --> 03:18:58,560

it's a dollar

5648

03:19:03,269 --> 03:19:01,040

but either way thank you so much to the

5649

03:19:05,110 --> 03:19:03,279

people who who do donate and anthony

5650

03:19:06,870 --> 03:19:05,120

what do you need what do you have to

5651

03:19:10,070 --> 03:19:06,880

plug

5652

03:19:11,830 --> 03:19:10,080

supporting or

5653

03:19:13,750 --> 03:19:11,840

whatever i mean there's many ways to

5654

03:19:15,429 --> 03:19:13,760

support sharing stuff getting involved

5655

03:19:17,110 --> 03:19:15,439

in the comments you know training the

5656

03:19:19,750 --> 03:19:17,120

robots to care

5657

03:19:21,830 --> 03:19:19,760

about this i would just uh

5658

03:19:22,710 --> 03:19:21,840

double down on whatever you can do and

5659

03:19:24,070 --> 03:19:22,720

and

5660

03:19:25,110 --> 03:19:24,080

see the many ways that you can

5661

03:19:26,469 --> 03:19:25,120

contribute

5662

03:19:28,070 --> 03:19:26,479

i think one of the biggest problems that

5663

03:19:29,590 --> 03:19:28,080

we have is that

5664

03:19:31,590 --> 03:19:29,600

i mean maybe it's an 80 20 rule that

5665

03:19:33,190 --> 03:19:31,600

governs the universe but most of the

5666

03:19:35,030 --> 03:19:33,200

people who are benefiting the most are

5667

03:19:38,309 --> 03:19:35,040

seem to be contributing the least and

5668

03:19:39,429 --> 03:19:38,319

then you have like this core 20 who just

5669

03:19:41,670 --> 03:19:39,439

contribute like it's because it's

5670

03:19:43,190 --> 03:19:41,680

nothing to them right and it almost it

5671

03:19:46,070 --> 03:19:43,200

would almost be nice to see that

5672

03:19:47,670 --> 03:19:46,080

switched somehow where

5673

03:19:49,670 --> 03:19:47,680

the people would really get that that

5674

03:19:51,110 --> 03:19:49,680

every penny really does count especially

5675

03:19:52,150 --> 03:19:51,120

when you have all these forces against

5676

03:19:54,630 --> 03:19:52,160

you so

5677

03:19:56,469 --> 03:19:54,640

and it helps you google me

5678

03:19:59,510 --> 03:19:56,479

you can google me i'm not here to pitch

5679

03:20:01,750 --> 03:19:59,520

but uh yeah please just please plug

5680

03:20:03,750 --> 03:20:01,760

yourself and galactic mma or galactus

5681

03:20:05,990 --> 03:20:03,760

mma says the hair looks great that's why

5682

03:20:09,590 --> 03:20:06,000

i asked you put a smiley face

5683

03:20:11,190 --> 03:20:09,600

okay oh so thank you just i just well i

5684

03:20:13,349 --> 03:20:11,200

assume that person doesn't want you to

5685

03:20:15,030 --> 03:20:13,359

think that he was being sarcastic so i

5686

03:20:19,190 --> 03:20:15,040

was

5687

03:20:20,309 --> 03:20:19,200

so anthony what do you have to promote

5688

03:20:21,510 --> 03:20:20,319

where can the audience find out more

5689

03:20:23,030 --> 03:20:21,520

about you

5690

03:20:24,389 --> 03:20:23,040

i promote memory as such so if you're

5691

03:20:26,070 --> 03:20:24,399

interested in improving your memory just

5692

03:20:28,469 --> 03:20:26,080

search memory you can search your memory

5693

03:20:29,469 --> 03:20:28,479

and anthony i'm sure i come up but my

5694

03:20:31,590 --> 03:20:29,479

website is

5695

03:20:34,790 --> 03:20:31,600

magneticmemorymethod.com and i have a

5696

03:20:35,990 --> 03:20:34,800

youtube channel and uh

5697

03:20:37,429 --> 03:20:36,000

yeah

5698

03:20:40,229 --> 03:20:37,439

i would just encourage people to really

5699

03:20:43,590 --> 03:20:40,239

think deeply about your memory and see

5700

03:20:45,110 --> 03:20:43,600

that probably some memory fitness

5701

03:20:46,870 --> 03:20:45,120

is going to contribute more to your life

5702

03:20:48,630 --> 03:20:46,880

than you can imagine it's not the magic

5703

03:20:50,950 --> 03:20:48,640

bullet that cures everything but your

5704

03:20:52,950 --> 03:20:50,960

consciousness i think is produced

5705

03:20:54,150 --> 03:20:52,960

in large part in collaboration with your

5706

03:20:56,309 --> 03:20:54,160

memory so

5707

03:20:58,229 --> 03:20:56,319

if you want to jam on those topics then

5708

03:21:00,630 --> 03:20:58,239

you know magnetic memorymethod.com is my

5709

03:21:03,030 --> 03:21:00,640

headquarters on the internet

5710

03:21:05,510 --> 03:21:03,040

thank you so much i do have a personal

5711

03:21:07,110 --> 03:21:05,520

another plug i've been told i need to

5712

03:21:09,030 --> 03:21:07,120

mention this more we have itunes we have

5713

03:21:11,030 --> 03:21:09,040

spotify we have google play

5714

03:21:13,110 --> 03:21:11,040

and sorry google podcast for this

5715

03:21:15,030 --> 03:21:13,120

podcast and i only talk about the

5716

03:21:16,870 --> 03:21:15,040

youtube channel but

5717

03:21:18,229 --> 03:21:16,880

if ever you're listening or you want to

5718

03:21:20,229 --> 03:21:18,239

listen on those platforms please do

5719

03:21:21,429 --> 03:21:20,239

leave a review because it helps

5720

03:21:23,990 --> 03:21:21,439

and

5721

03:21:26,630 --> 03:21:24,000

making census says that he left patreon

5722

03:21:28,950 --> 03:21:26,640

he uses paypal to donate i do also have

5723

03:21:30,550 --> 03:21:28,960

a paypal on the youtube i don't know

5724

03:21:31,830 --> 03:21:30,560

what it's called about or community page

5725

03:21:33,190 --> 03:21:31,840

you'll see it

5726

03:21:34,469 --> 03:21:33,200

okay anthony because i don't want it to

5727

03:21:35,990 --> 03:21:34,479

just be about me what else can you

5728

03:21:38,309 --> 03:21:36,000

promote one more item just to make it

5729

03:21:40,309 --> 03:21:38,319

even

5730

03:21:42,229 --> 03:21:40,319

well i i really appreciate that people

5731

03:21:43,670 --> 03:21:42,239

have been finding my tedx talk i don't

5732

03:21:44,870 --> 03:21:43,680

necessarily know why that it sort of

5733

03:21:47,429 --> 03:21:44,880

shot up but i

5734

03:21:49,510 --> 03:21:47,439

i guess i would my ego would like to see

5735

03:21:51,830 --> 03:21:49,520

it shoot up even more because i see it

5736

03:21:55,190 --> 03:21:51,840

helping so many people

5737

03:21:56,950 --> 03:21:55,200

and it will be in the description

5738

03:21:58,870 --> 03:21:56,960

the book version of that tedx is called

5739

03:22:00,950 --> 03:21:58,880

the victorious mind how to master memory

5740

03:22:02,309 --> 03:22:00,960

meditation and mental well-being

5741

03:22:03,510 --> 03:22:02,319

and

5742

03:22:06,309 --> 03:22:03,520

yeah if you want to read that that's

5743

03:22:07,750 --> 03:22:06,319

that's great but i'm happy to uh if

5744

03:22:09,590 --> 03:22:07,760

anybody wants that they can't afford it

5745

03:22:11,269 --> 03:22:09,600

i can give them a copy of that that are

5746

03:22:13,590 --> 03:22:11,279

watching this or listening to this or

5747

03:22:16,389 --> 03:22:13,600

whatever just get in touch uh

5748

03:22:17,910 --> 03:22:16,399

because the stakes are high memory

5749

03:22:18,790 --> 03:22:17,920

really helped me

5750

03:22:21,030 --> 03:22:18,800

not

5751

03:22:24,229 --> 03:22:21,040

annihilate myself at the end of the day

5752

03:22:26,150 --> 03:22:24,239

and i'm glad that i didn't even if

5753

03:22:28,550 --> 03:22:26,160

i'm not you know so convinced that

5754

03:22:29,990 --> 03:22:28,560

there's any uh reason that anything is

5755

03:22:32,550 --> 03:22:30,000

existing and that there's no you know

5756

03:22:34,229 --> 03:22:32,560

purpose behind anything etc but

5757

03:22:36,229 --> 03:22:34,239

in terms of coping with the world has

5758

03:22:39,349 --> 03:22:36,239

been the biggest thing for me to

5759

03:22:41,269 --> 03:22:39,359

to be able to use memory to refine my

5760

03:22:43,349 --> 03:22:41,279

ability to be in the moment and deal

5761

03:22:45,030 --> 03:22:43,359

with whatever comes and so i'm pretty

5762

03:22:47,030 --> 03:22:45,040

devoted to helping others who want to do

5763

03:22:49,190 --> 03:22:47,040

the same and uh

5764

03:22:50,870 --> 03:22:49,200

so yeah it helps me every penny helps if

5765

03:22:53,349 --> 03:22:50,880

you buy that book of course and it tells

5766

03:22:54,950 --> 03:22:53,359

amazon to show it to more people but uh

5767

03:22:56,630 --> 03:22:54,960

if you can't for whatever reason reach

5768

03:22:58,229 --> 03:22:56,640

out and i will get you a copy

5769

03:23:00,070 --> 03:22:58,239

i recommend it i started reading it

5770

03:23:01,590 --> 03:23:00,080

today in preparation for this and i

5771

03:23:03,269 --> 03:23:01,600

thought i could finish it in about 30

5772

03:23:05,510 --> 03:23:03,279

minutes

5773

03:23:07,030 --> 03:23:05,520

i wasn't able to and i definitely

5774

03:23:08,550 --> 03:23:07,040

wouldn't have been able to retain it but

5775

03:23:11,110 --> 03:23:08,560

i recommend it from what i've read so

5776

03:23:12,469 --> 03:23:11,120

far thank you anthony hope to see you

5777

03:23:13,990 --> 03:23:12,479

again and

5778

03:23:15,269 --> 03:23:14,000

thank you for being so generous with

5779

03:23:16,710 --> 03:23:15,279

your time