

**ZUBIN
DAMANIA**

**NONDUALISM AND
BELIEF**

1
00:00:03,669 --> 00:00:02,310
zubin damanya is an american physician

2
00:00:05,510 --> 00:00:03,679
an assistant professor

3
00:00:07,510 --> 00:00:05,520
a comedian and was the practicing

4
00:00:08,470 --> 00:00:07,520
hospitalist at stanford university

5
00:00:11,190 --> 00:00:08,480
school of medicine

6
00:00:12,709 --> 00:00:11,200
for 10 years he also runs z-dog md which

7
00:00:14,549 --> 00:00:12,719
is a youtube channel dedicated to

8
00:00:16,150 --> 00:00:14,559
exploring similar themes to this channel

9
00:00:17,750 --> 00:00:16,160
so if you like these podcasts there's a

10
00:00:19,269 --> 00:00:17,760
great chance that you'll like his so

11
00:00:21,349 --> 00:00:19,279
check out the link in the description

12
00:00:23,029 --> 00:00:21,359
the main point of convergence between us

13
00:00:25,029 --> 00:00:23,039

is consciousness it's because of this

14

00:00:26,790 --> 00:00:25,039

that zubin interviewed me live on his

15

00:00:28,310 --> 00:00:26,800

channel but the conversation was so

16

00:00:30,950 --> 00:00:28,320

engrossing despite my

17

00:00:31,349 --> 00:00:30,960

lastitude initially that i'm placing it

18

00:00:32,549 --> 00:00:31,359

here

19

00:00:35,110 --> 00:00:32,559

for those of you interested in

20

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

non-dualism meditation even fasting

21

00:00:38,950 --> 00:00:36,960

for those new to this channel my name is

22

00:00:40,709 --> 00:00:38,960

kurt jaimungle i'm a filmmaker with a

23

00:00:42,549 --> 00:00:40,719

background in mathematical physics

24

00:00:44,229 --> 00:00:42,559

dedicated to the explication of what are

25

00:00:46,470 --> 00:00:44,239

called theories of everything

26
00:00:47,910 --> 00:00:46,480
from a theoretical physics perspective

27
00:00:48,790 --> 00:00:47,920
as well as the possible connection

28
00:00:50,630 --> 00:00:48,800
consciousness has

29
00:00:52,630 --> 00:00:50,640
to the fundamental laws of the universe

30
00:00:53,670 --> 00:00:52,640
provided these laws exist at all and are

31
00:00:54,790 --> 00:00:53,680
knowable to us

32
00:00:56,150 --> 00:00:54,800
if you're interested in getting

33
00:00:57,189 --> 00:00:56,160
acquainted with this channel there's a

34
00:00:59,110 --> 00:00:57,199
top 10 list

35
00:01:01,029 --> 00:00:59,120
of carefully curated videos in the

36
00:01:02,950 --> 00:01:01,039
description it includes podcasts with

37
00:01:05,350 --> 00:01:02,960
bernardo castro donald hoffman

38
00:01:06,070 --> 00:01:05,360

ian mcgillcrist yoshibok and karl

39

00:01:07,590 --> 00:01:06,080

fristen

40

00:01:09,190 --> 00:01:07,600

more of course links are in the

41

00:01:10,630 --> 00:01:09,200

description again if you'd like to hear

42

00:01:12,550 --> 00:01:10,640

more conversations like this

43

00:01:14,789 --> 00:01:12,560

for example soon i'll be speaking to leo

44

00:01:16,270 --> 00:01:14,799

gura and even daniel schmottenberger

45

00:01:17,830 --> 00:01:16,280

then please do consider going to

46

00:01:20,070 --> 00:01:17,840

patreon.com

47

00:01:21,749 --> 00:01:20,080

kurtjungle and supporting it may sound

48

00:01:23,270 --> 00:01:21,759

silly but literally every dollar helps

49

00:01:24,950 --> 00:01:23,280

tremendously and it's wonderful

50

00:01:26,950 --> 00:01:24,960

sometimes i receive letters saying

51
00:01:28,550 --> 00:01:26,960
hey kurt this is just so that you don't

52
00:01:30,069 --> 00:01:28,560
have to work so hard and perhaps you can

53
00:01:31,830 --> 00:01:30,079
spend more time with your wife

54
00:01:33,590 --> 00:01:31,840
because often i seclude my wife to a

55
00:01:35,429 --> 00:01:33,600
room while i'm recording and i'm often

56
00:01:37,910 --> 00:01:35,439
thinking about work so much that it

57
00:01:39,590 --> 00:01:37,920
intrudes on our private time where i'm

58
00:01:41,270 --> 00:01:39,600
not as present as i could be

59
00:01:43,749 --> 00:01:41,280
there are a couple sponsors of today's

60
00:01:45,749 --> 00:01:43,759
podcast algo is an end-to-end supply

61
00:01:47,590 --> 00:01:45,759
chain optimization software company

62
00:01:49,590 --> 00:01:47,600
with software that helps business users

63
00:01:51,510 --> 00:01:49,600

optimize sales and operations

64

00:01:53,270 --> 00:01:51,520

planning to avoid stock outs reduce

65

00:01:55,510 --> 00:01:53,280

returns and inventory write-downs

66

00:01:57,910 --> 00:01:55,520

while reducing inventory investment it's

67

00:01:59,590 --> 00:01:57,920

a supply chain ai that drives smart roi

68

00:02:01,590 --> 00:01:59,600

headed by a bright individual by the

69

00:02:03,350 --> 00:02:01,600

name of amjad hussein who has been a

70

00:02:05,510 --> 00:02:03,360

huge supporter of this podcast

71

00:02:06,389 --> 00:02:05,520

from its early days the second sponsor

72

00:02:08,070 --> 00:02:06,399

is brilliant

73

00:02:10,309 --> 00:02:08,080

brilliant illuminates the soul of

74

00:02:11,910 --> 00:02:10,319

mathematics science and engineering with

75

00:02:12,949 --> 00:02:11,920

bite-sized interactive learning

76

00:02:14,949 --> 00:02:12,959

experiences

77

00:02:16,710 --> 00:02:14,959

brilliance courses explore the laws that

78

00:02:18,390 --> 00:02:16,720

shape our world elevating math and

79

00:02:20,470 --> 00:02:18,400

science from something to be feared

80

00:02:22,309 --> 00:02:20,480

to a delightful experience of guided

81

00:02:25,510 --> 00:02:22,319

discovery more on them

82

00:02:29,110 --> 00:02:25,520

later thank you and enjoy

83

00:02:32,070 --> 00:02:29,120

first meeting is being recorded um

84

00:02:32,390 --> 00:02:32,080

and anything off limits in what we talk

85

00:02:33,910 --> 00:02:32,400

about

86

00:02:35,430 --> 00:02:33,920

i'd say we just shoot the [h__h] were you

87

00:02:36,229 --> 00:02:35,440

okay with thumbnail and title and

88

00:02:38,229 --> 00:02:36,239

everything

89

00:02:39,670 --> 00:02:38,239

i'm fine with it all man i'm fine with

90

00:02:40,869 --> 00:02:39,680

it and then

91

00:02:42,470 --> 00:02:40,879

i'll just give you the footage and you

92

00:02:43,110 --> 00:02:42,480

can do whatever you like with it put it

93

00:02:44,790 --> 00:02:43,120

out

94

00:02:46,470 --> 00:02:44,800

or not if you think it sucks whatever

95

00:02:47,910 --> 00:02:46,480

you think makes sense

96

00:02:50,229 --> 00:02:47,920

yeah and are you going to leave this

97

00:02:53,670 --> 00:02:50,239

live stream up once it's done

98

00:02:55,270 --> 00:02:53,680

yeah yeah uh

99

00:02:57,350 --> 00:02:55,280

and and that way you have the kind of

100

00:02:58,070 --> 00:02:57,360

raw thing that's shitty and then we have

101
00:03:01,990 --> 00:02:58,080
the

102
00:03:04,309 --> 00:03:02,000
one of us puts out

103
00:03:05,670 --> 00:03:04,319
uh yeah and again just you just said and

104
00:03:06,630 --> 00:03:05,680
the way i was thinking is like we're

105
00:03:08,630 --> 00:03:06,640
talking to each other

106
00:03:09,670 --> 00:03:08,640
so exactly this is just conversation no

107
00:03:11,430 --> 00:03:09,680
one's interviewing

108
00:03:13,350 --> 00:03:11,440
the other i'm all exactly we can talk

109
00:03:14,229 --> 00:03:13,360
about this i'm a horrible interviewee

110
00:03:17,190 --> 00:03:14,239
trust me

111
00:03:18,149 --> 00:03:17,200
hey believe me so am i so so it'll be a

112
00:03:19,990 --> 00:03:18,159
conversation

113
00:03:21,670 --> 00:03:20,000

um let me do one thing here so what i

114

00:03:22,949 --> 00:03:21,680

was thinking for the live and you can

115

00:03:24,229 --> 00:03:22,959

tell me what your aesthetic is

116

00:03:26,070 --> 00:03:24,239

by the way i watched your whole [h__h]

117

00:03:28,869 --> 00:03:26,080

documentary the two hour one

118

00:03:30,149 --> 00:03:28,879

oh man holy [h__h] hats off to you it's

119

00:03:32,789 --> 00:03:30,159

experimental

120

00:03:33,589 --> 00:03:32,799

yeah oh [h__h] yeah it's off the rails

121

00:03:36,550 --> 00:03:33,599

like

122

00:03:37,670 --> 00:03:36,560

it's really [h__h] intense and crazy

123

00:03:39,430 --> 00:03:37,680

and awesome and

124

00:03:41,350 --> 00:03:39,440

you said one thing well we should save

125

00:03:44,830 --> 00:03:41,360

it for the show so um

126

00:03:45,990 --> 00:03:44,840

uh um what i was thinking is i'll set it

127

00:03:47,990 --> 00:03:46,000

to

128

00:03:49,110 --> 00:03:48,000

speaker mode so that whoever's talking

129

00:03:51,830 --> 00:03:49,120

gets full screen

130

00:03:52,229 --> 00:03:51,840

just because the 69 side by side is a

131

00:03:55,030 --> 00:03:52,239

little

132

00:03:56,630 --> 00:03:55,040

jankety for the live i think at some

133

00:03:57,830 --> 00:03:56,640

point i can put a side by side just to

134

00:03:59,030 --> 00:03:57,840

mix it up but

135

00:04:01,910 --> 00:03:59,040

i don't know what do you think just be

136

00:04:06,390 --> 00:04:01,920

in the moment it's fine leave it as

137

00:04:08,070 --> 00:04:06,400

the i think it's called the speaker view

138

00:04:09,910 --> 00:04:08,080

yeah speaker view yeah that's perfect

139

00:04:11,910 --> 00:04:09,920

that way it'll just go back and forth

140

00:04:13,190 --> 00:04:11,920

between us for the for the live and then

141

00:04:14,070 --> 00:04:13,200

obviously you can do anything we like

142

00:04:16,710 --> 00:04:14,080

for the

143

00:04:17,189 --> 00:04:16,720

replay um all right so we have all of

144

00:04:19,030 --> 00:04:17,199

this

145

00:04:20,629 --> 00:04:19,040

we're recording so you're recording your

146

00:04:22,550 --> 00:04:20,639

audio as well

147

00:04:24,230 --> 00:04:22,560

oh yeah it's all on the same uh track

148

00:04:25,749 --> 00:04:24,240

it's it's embedded in the video track

149

00:04:27,590 --> 00:04:25,759

but i can always break it out

150

00:04:29,909 --> 00:04:27,600

uh but you can break it out as well i'll

151

00:04:32,070 --> 00:04:29,919

just share it by dropbox with you

152

00:04:33,110 --> 00:04:32,080

great um now let me think if there's

153

00:04:34,629 --> 00:04:33,120

anything else okay now

154

00:04:37,510 --> 00:04:34,639

so the only other tricky thing i do this

155

00:04:40,550 --> 00:04:37,520

all myself so it gets a little

156

00:04:42,629 --> 00:04:40,560

uh so we're going live to youtube and

157

00:04:44,550 --> 00:04:42,639

facebook i've got it all teed up and i'm

158

00:04:46,550 --> 00:04:44,560

going to share it on locals as well

159

00:04:47,990 --> 00:04:46,560

so let me do a few clicks here and then

160

00:04:49,990 --> 00:04:48,000

we'll just go live what do you think

161

00:04:51,590 --> 00:04:50,000

yes go ahead i'm going to let you

162

00:04:53,189 --> 00:04:51,600

introduce yourself if that's okay

163

00:04:56,230 --> 00:04:53,199

because that'll just be the best

164

00:05:02,230 --> 00:04:56,240

yeah yeah all right so

165

00:05:08,230 --> 00:05:03,990

all right theories of everything live

166

00:05:14,390 --> 00:05:11,029

oh viewers are waiting look at that uh

167

00:05:18,390 --> 00:05:16,230

how do i make this work i gotta go to

168

00:05:21,270 --> 00:05:18,400

caster i gotta turn on

169

00:05:23,830 --> 00:05:21,280

this that's how we simulcast is using a

170

00:05:26,710 --> 00:05:23,840

company called caster

171

00:05:28,870 --> 00:05:26,720

the cheap solution to simulcast there we

172

00:05:30,790 --> 00:05:28,880

go so we're connecting to facebook live

173

00:05:32,870 --> 00:05:30,800

perfect let me make sure facebook live

174

00:05:35,270 --> 00:05:32,880

is work it is

175

00:05:38,230 --> 00:05:35,280

all right and then i'm going to go live

176

00:05:41,590 --> 00:05:38,240

in a couple clicks here so here we go

177

00:05:45,670 --> 00:05:44,950

facebook and let's see how this works

178

00:05:47,909 --> 00:05:45,680

guys

179

00:05:49,110 --> 00:05:47,919

uh give it a second and we'll see if

180

00:05:52,550 --> 00:05:49,120

we're live

181

00:05:55,189 --> 00:05:52,560

it looks like we is on

182

00:05:56,230 --> 00:05:55,199

facebook and youtube give me a second

183

00:05:58,950 --> 00:05:56,240

here guys

184

00:06:00,390 --> 00:05:58,960

welcome to the show it's the z dog and

185

00:06:03,189 --> 00:06:00,400

kurt show today

186

00:06:05,189 --> 00:06:03,199

kurt jeiman gal welcome brother thank

187

00:06:08,469 --> 00:06:05,199

you so much for having me on man

188

00:06:10,390 --> 00:06:08,479

i'm extremely glad to be here dude

189

00:06:11,670 --> 00:06:10,400

this is a conversation i've been so

190

00:06:13,350 --> 00:06:11,680

excited to have so

191

00:06:15,510 --> 00:06:13,360

from parts of my audience that don't

192

00:06:19,749 --> 00:06:15,520

know who kurt is

193

00:06:21,590 --> 00:06:19,759

uh i watch his videos on youtube because

194

00:06:23,590 --> 00:06:21,600

he interviews the kind of people that i

195

00:06:25,990 --> 00:06:23,600

deeply care about hearing from and he

196

00:06:28,070 --> 00:06:26,000

goes so deep i'm talking like the donald

197

00:06:30,150 --> 00:06:28,080

hoffman's bernardo castro

198

00:06:32,230 --> 00:06:30,160

talking to rupert spyra which was a

199

00:06:34,309 --> 00:06:32,240

ridiculous like three or four hour

200

00:06:36,390 --> 00:06:34,319

conversation and i watched all of it

201
00:06:38,710 --> 00:06:36,400
and was just like this the whole time

202
00:06:41,189 --> 00:06:38,720
kurt is a documentary filmmaker

203
00:06:42,309 --> 00:06:41,199
and just a hey can you tell me a little

204
00:06:45,430 --> 00:06:42,319
bit about yourself brother

205
00:06:46,469 --> 00:06:45,440
yeah i'm a i'm a filmmaker first and

206
00:06:48,230 --> 00:06:46,479
foremost

207
00:06:49,990 --> 00:06:48,240
with a background in math and physics

208
00:06:51,350 --> 00:06:50,000
and i've always been interested in what

209
00:06:52,950 --> 00:06:51,360
are called theories of everything

210
00:06:54,870 --> 00:06:52,960
which is a somewhat technical physics

211
00:06:55,510 --> 00:06:54,880
term though it's now in common parlance

212
00:06:57,510 --> 00:06:55,520
and it

213
00:06:59,189 --> 00:06:57,520

usually in the physical sciences means

214

00:07:01,749 --> 00:06:59,199

the unification of gravity with

215

00:07:03,350 --> 00:07:01,759

the standard model as well as an ex

216

00:07:05,350 --> 00:07:03,360

explanation for other

217

00:07:06,790 --> 00:07:05,360

phenomena such as what is going on

218

00:07:07,749 --> 00:07:06,800

inside of a black hole which you think

219

00:07:09,589 --> 00:07:07,759

would be answered by

220

00:07:11,110 --> 00:07:09,599

a quantum theory of gravity but not

221

00:07:13,270 --> 00:07:11,120

necessarily what

222

00:07:14,710 --> 00:07:13,280

is the beginning of the universe there's

223

00:07:15,670 --> 00:07:14,720

differences as to what a theory of

224

00:07:17,270 --> 00:07:15,680

everything

225

00:07:19,510 --> 00:07:17,280

constitutes it doesn't matter you get

226

00:07:21,430 --> 00:07:19,520

the va you get the overview

227

00:07:22,950 --> 00:07:21,440

as for what i do with the channel as i

228

00:07:24,309 --> 00:07:22,960

explore those

229

00:07:25,909 --> 00:07:24,319

because i've always been interested in

230

00:07:27,510 --> 00:07:25,919

theories of everything and luckily i

231

00:07:31,589 --> 00:07:27,520

have some

232

00:07:34,070 --> 00:07:31,599

background so i can

233

00:07:35,430 --> 00:07:34,080

do so with a certain level of depth and

234

00:07:37,350 --> 00:07:35,440

i like to

235

00:07:39,189 --> 00:07:37,360

question as deep as i possibly can the

236

00:07:42,390 --> 00:07:39,199

guests that i speak to so

237

00:07:44,469 --> 00:07:42,400

some of them have been they range from

238

00:07:46,309 --> 00:07:44,479

theoretical physicists to people who are

239

00:07:47,909 --> 00:07:46,319

espousers of the idea that consciousness

240

00:07:50,150 --> 00:07:47,919

is primary

241

00:07:51,270 --> 00:07:50,160

i explore theoretical physics free will

242

00:07:55,350 --> 00:07:51,280

consciousness and god

243

00:07:58,230 --> 00:07:55,360

oh my god okay that sounds like woo but

244

00:08:01,189 --> 00:07:58,240

it depends on what the definition is

245

00:08:06,390 --> 00:08:04,230

do you guys see why i love him like

246

00:08:08,150 --> 00:08:06,400

like in a like want to marry him kind of

247

00:08:09,670 --> 00:08:08,160

way so this these are exactly the same

248

00:08:11,990 --> 00:08:09,680

things i'm interested in and

249

00:08:13,430 --> 00:08:12,000

what's interesting kurt is like you know

250

00:08:14,550 --> 00:08:13,440

i didn't have the physics and math

251

00:08:16,230 --> 00:08:14,560

background that you have

252

00:08:17,830 --> 00:08:16,240

um and i'm certainly not a documentary

253

00:08:20,070 --> 00:08:17,840

filmmaker and

254

00:08:21,670 --> 00:08:20,080

yeah but oh damn it hold on let me turn

255

00:08:24,390 --> 00:08:21,680

up that noise

256

00:08:25,589 --> 00:08:24,400

uh and i'm also if don't be put off but

257

00:08:26,070 --> 00:08:25,599

the fact that i'm staring down at the

258

00:08:27,670 --> 00:08:26,080

laptop

259

00:08:28,950 --> 00:08:27,680

occasionally off at you and at the

260

00:08:29,589 --> 00:08:28,960

camera because well i'm looking at

261

00:08:31,909 --> 00:08:29,599

people's

262

00:08:33,829 --> 00:08:31,919

comments too i'm impressed that you're

263

00:08:36,310 --> 00:08:33,839

you've set up your camera such that

264

00:08:36,870 --> 00:08:36,320

the ice the eye line is aligned with the

265

00:08:37,990 --> 00:08:36,880

with me

266

00:08:40,149 --> 00:08:38,000

so it looks like you're looking at me

267

00:08:41,670 --> 00:08:40,159

whereas me i'm pointed downward

268

00:08:42,790 --> 00:08:41,680

because well you know it's wonderful

269

00:08:45,110 --> 00:08:42,800

it's one of those things that i've had

270

00:08:46,470 --> 00:08:45,120

to i've had to work on for a long time

271

00:08:47,990 --> 00:08:46,480

trying to figure it out what's weird is

272

00:08:49,750 --> 00:08:48,000

it's very it's actually off-putting to

273

00:08:50,310 --> 00:08:49,760

people on zoom who are used to zoom

274

00:08:52,230 --> 00:08:50,320

culture

275

00:08:53,350 --> 00:08:52,240

where it's kind of like hey kurt how's

276

00:08:55,350 --> 00:08:53,360

it going uh

277

00:08:56,389 --> 00:08:55,360

yeah things are good right and then

278

00:08:57,990 --> 00:08:56,399

suddenly you're getting this weird

279

00:09:00,470 --> 00:08:58,000

amounts of eye contact with

280

00:09:02,230 --> 00:09:00,480

a background that isn't a um fake green

281

00:09:02,550 --> 00:09:02,240

screen zoom background and people are

282

00:09:04,630 --> 00:09:02,560

just

283

00:09:05,829 --> 00:09:04,640

they're a little unnerved actually this

284

00:09:06,310 --> 00:09:05,839

is something i wanted to ask you about

285

00:09:07,590 --> 00:09:06,320

because

286

00:09:09,110 --> 00:09:07,600

we can talk about the theories of

287

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

everything stuff which is important this

288

00:09:16,070 --> 00:09:11,120

idea of um

289

00:09:17,350 --> 00:09:16,080

is there unifying structure and and

290

00:09:19,110 --> 00:09:17,360

conceptual framework that we can

291

00:09:20,630 --> 00:09:19,120

understand everything with or is it a

292

00:09:22,550 --> 00:09:20,640

infinite regress and that kind of thing

293

00:09:24,630 --> 00:09:22,560

but but you know

294

00:09:26,389 --> 00:09:24,640

even before that what's interesting is

295

00:09:26,949 --> 00:09:26,399

you know in this since the pandemic

296

00:09:29,670 --> 00:09:26,959

started

297

00:09:31,030 --> 00:09:29,680

this medium that we use has just

298

00:09:32,790 --> 00:09:31,040

exponentially blown up

299

00:09:34,150 --> 00:09:32,800

is is that did you see your channel

300

00:09:36,790 --> 00:09:34,160

really getting more engagement

301

00:09:37,590 --> 00:09:36,800

post pandemic i it was started post

302

00:09:38,870 --> 00:09:37,600

pandemic so

303

00:09:40,710 --> 00:09:38,880

it was started during the pandemic we're

304

00:09:43,509 --> 00:09:40,720

not posted but yes

305

00:09:44,870 --> 00:09:43,519

there's a huge craving for discussions

306

00:09:46,710 --> 00:09:44,880

that are

307

00:09:48,230 --> 00:09:46,720

about the fundamental nature of reality

308

00:09:49,829 --> 00:09:48,240

and perhaps that's because people are

309

00:09:52,070 --> 00:09:49,839

philosophically destabilized they're in

310

00:09:55,590 --> 00:09:52,080

them in a

311

00:09:58,470 --> 00:09:55,600

mentally insecure place and i know i am

312

00:10:01,030 --> 00:09:58,480

lubricus lubricus ground with regard to

313

00:10:03,190 --> 00:10:01,040

belief at least for me

314

00:10:05,110 --> 00:10:03,200

it's variable in a straddle and so

315

00:10:06,630 --> 00:10:05,120

people are perhaps looking for certainty

316

00:10:08,389 --> 00:10:06,640

and that's why they

317

00:10:10,630 --> 00:10:08,399

come to these channels though if you're

318

00:10:12,710 --> 00:10:10,640

looking for any answers i

319

00:10:14,710 --> 00:10:12,720

i assure you i have virtually none in

320

00:10:18,949 --> 00:10:14,720

the answer to almost any question that

321

00:10:21,430 --> 00:10:18,959

zubin poses to me will be met with a

322

00:10:24,949 --> 00:10:21,440

a dubious i don't know like i'm dubious

323

00:10:28,710 --> 00:10:26,949

that that dubiousness about our own

324

00:10:30,870 --> 00:10:28,720

dubiousness is this kind of meta

325

00:10:32,550 --> 00:10:30,880

awareness or

326

00:10:34,230 --> 00:10:32,560

it's it's the fundamental belief about

327

00:10:36,230 --> 00:10:34,240

belief that everything

328

00:10:37,509 --> 00:10:36,240

needs to be kind of questioned even our

329

00:10:39,590 --> 00:10:37,519

dearest held

330

00:10:41,430 --> 00:10:39,600

deepest and most hidden beliefs actually

331

00:10:43,670 --> 00:10:41,440

i think to drew

332

00:10:44,470 --> 00:10:43,680

into them and go okay but what if this

333

00:10:46,550 --> 00:10:44,480

was not true

334

00:10:48,790 --> 00:10:46,560

and actually what's present now in my

335

00:10:51,350 --> 00:10:48,800

experience in what i can actually

336

00:10:51,910 --> 00:10:51,360

detect now that that supports or refutes

337

00:10:54,470 --> 00:10:51,920

this

338

00:10:55,829 --> 00:10:54,480

belief even it may be a simple belief

339

00:10:57,829 --> 00:10:55,839

like you know this

340

00:10:59,430 --> 00:10:57,839

piece of z-dog md signs the crap out of

341

00:11:00,949 --> 00:10:59,440

it merchandise which

342

00:11:02,630 --> 00:11:00,959

i would feel like i'm shilling but we

343

00:11:05,190 --> 00:11:02,640

don't sell it anymore uh

344

00:11:07,030 --> 00:11:05,200

is separate from from me in some ways a

345

00:11:08,550 --> 00:11:07,040

separate object in space and time that

346

00:11:09,350 --> 00:11:08,560

space and time are real and these kind

347

00:11:11,110 --> 00:11:09,360

of things and

348

00:11:13,670 --> 00:11:11,120

actually the more you start to examine

349

00:11:17,590 --> 00:11:13,680

those beliefs and actually

350

00:11:20,550 --> 00:11:17,600

use the immediate experience the sensory

351
00:11:22,470 --> 00:11:20,560
experience of this moment as a guide you

352
00:11:24,470 --> 00:11:22,480
really start to destabilize

353
00:11:25,350 --> 00:11:24,480
some of those beliefs that and and

354
00:11:26,630 --> 00:11:25,360
bringing it back to what you were

355
00:11:28,630 --> 00:11:26,640
talking about with the pandemic i found

356
00:11:31,750 --> 00:11:28,640
the same thing i think people are

357
00:11:35,030 --> 00:11:31,760
really fundamentally shook

358
00:11:37,750 --> 00:11:35,040
by the fact that society is nothing

359
00:11:38,389 --> 00:11:37,760
as nothing as stable as they thought it

360
00:11:40,310 --> 00:11:38,399
was

361
00:11:41,990 --> 00:11:40,320
that we're actually in an incredibly

362
00:11:42,630 --> 00:11:42,000
fragile interconnected world that it

363
00:11:44,550 --> 00:11:42,640

just

364

00:11:45,910 --> 00:11:44,560

you know a blockage in the suiez canal

365

00:11:47,910 --> 00:11:45,920

ripples out and causes

366

00:11:49,269 --> 00:11:47,920

my inability to wipe my ass with toilet

367

00:11:51,829 --> 00:11:49,279

paper which

368

00:11:53,190 --> 00:11:51,839

apparently is a near and dear need for

369

00:11:55,350 --> 00:11:53,200

the western person

370

00:11:56,710 --> 00:11:55,360

so much so that they hoard it when the

371

00:11:59,030 --> 00:11:56,720

pandemic starts

372

00:12:00,710 --> 00:11:59,040

so this destabilization i think has

373

00:12:02,150 --> 00:12:00,720

forced some degree of introspection

374

00:12:04,069 --> 00:12:02,160

that's been a long time coming

375

00:12:05,990 --> 00:12:04,079

have you found the same thing in your

376

00:12:10,150 --> 00:12:06,000

extensive pandemic travels

377

00:12:10,949 --> 00:12:10,160

online yeah and conversely you just

378

00:12:12,870 --> 00:12:10,959

mentioned

379

00:12:14,069 --> 00:12:12,880

a disadvantage because you're connected

380

00:12:16,310 --> 00:12:14,079

to what's

381

00:12:21,190 --> 00:12:16,320

extremely outside you or seemingly so

382

00:12:24,710 --> 00:12:22,710

it's also inspirational in a sense

383

00:12:26,230 --> 00:12:24,720

because it means that your

384

00:12:28,150 --> 00:12:26,240

loving nature to the degree that you

385

00:12:31,590 --> 00:12:28,160

express it and your

386

00:12:32,870 --> 00:12:31,600

truth-telling ability or at least

387

00:12:35,190 --> 00:12:32,880

i would say it's more important to not

388

00:12:37,190 --> 00:12:35,200

lie peterson has this

389

00:12:38,710 --> 00:12:37,200

rule about tell the truth or at least

390

00:12:39,829 --> 00:12:38,720

not lie i would flip that and say don't

391

00:12:41,110 --> 00:12:39,839

lie

392

00:12:42,949 --> 00:12:41,120

instead of not tell that instead of

393

00:12:45,430 --> 00:12:42,959

telling the truth because it's extremely

394

00:12:46,870 --> 00:12:45,440

easy to delude yourself into thinking

395

00:12:49,670 --> 00:12:46,880

what you're doing is truth telling when

396

00:12:55,829 --> 00:12:52,790

well you're you're trying to

397

00:12:57,190 --> 00:12:55,839

win an intellectual battle or show how

398

00:12:59,030 --> 00:12:57,200

truth-telling you are by saying to

399

00:13:01,829 --> 00:12:59,040

someone a mean comment

400

00:13:03,590 --> 00:13:01,839

well either way that your ability to

401
00:13:04,790 --> 00:13:03,600
that your loving nature can spread far

402
00:13:05,350 --> 00:13:04,800
beyond you in the same way that

403
00:13:07,990 --> 00:13:05,360
something

404
00:13:08,470 --> 00:13:08,000
malicious can spread to you so it's a

405
00:13:12,710 --> 00:13:08,480
twin

406
00:13:16,310 --> 00:13:12,720
of both inspiration and horror

407
00:13:18,550 --> 00:13:16,320
this idea of not lying

408
00:13:20,230 --> 00:13:18,560
is something that i find really

409
00:13:21,910 --> 00:13:20,240
interesting and of course sam harris

410
00:13:24,710 --> 00:13:21,920
wrote his book called lying about

411
00:13:25,829 --> 00:13:24,720
exactly this idea that there are this

412
00:13:27,670 --> 00:13:25,839
there's a group of people that are

413
00:13:29,750 --> 00:13:27,680

radical truth tellers you know they they

414

00:13:30,310 --> 00:13:29,760

just will not they'll focus on not lying

415

00:13:32,230 --> 00:13:30,320

and

416

00:13:33,590 --> 00:13:32,240

what you mentioned about this idea of

417

00:13:35,990 --> 00:13:33,600

love this idea of

418

00:13:36,870 --> 00:13:36,000

a way of doing that compassionately i

419

00:13:39,430 --> 00:13:36,880

think is key

420

00:13:41,350 --> 00:13:39,440

because it's very easy to say okay you

421

00:13:43,829 --> 00:13:41,360

know we use white lies to grease

422

00:13:45,750 --> 00:13:43,839

so social situations to not hurt

423

00:13:48,629 --> 00:13:45,760

somebody's feelings and so on and

424

00:13:49,590 --> 00:13:48,639

and i think not telling all the truth is

425

00:13:53,030 --> 00:13:49,600

a very different

426
00:13:53,350 --> 00:13:53,040
sort of moral equivalent to telling a

427
00:13:55,990 --> 00:13:53,360
say

428
00:13:57,590 --> 00:13:56,000
telling an active lie to cover up

429
00:13:59,350 --> 00:13:57,600
something that is true

430
00:14:01,430 --> 00:13:59,360
um and actually in your in your

431
00:14:02,710 --> 00:14:01,440
documentary which i i want to shout out

432
00:14:05,670 --> 00:14:02,720
early on because it's

433
00:14:06,790 --> 00:14:05,680
so crazy and experimental and awesome

434
00:14:07,990 --> 00:14:06,800
the people who are into this should

435
00:14:09,430 --> 00:14:08,000
check it out and i put a link in the

436
00:14:12,230 --> 00:14:09,440
description it's better left

437
00:14:13,509 --> 00:14:12,240
unsaid i believe you even said you know

438
00:14:14,389 --> 00:14:13,519

you use that you had a quote where you

439

00:14:17,670 --> 00:14:14,399

said you

440

00:14:20,550 --> 00:14:17,680

you ask people for advice

441

00:14:22,230 --> 00:14:20,560

when you know the answer right but the

442

00:14:24,389 --> 00:14:22,240

answer is too painful

443

00:14:25,430 --> 00:14:24,399

to actually accept so you ask someone

444

00:14:26,870 --> 00:14:25,440

for advice that they'll they'll

445

00:14:29,269 --> 00:14:26,880

hopefully tell you something different

446

00:14:30,790 --> 00:14:29,279

or a white lie or something right

447

00:14:32,150 --> 00:14:30,800

right i think that's emily jong although

448

00:14:33,829 --> 00:14:32,160

i could be mispronouncing the name i

449

00:14:35,910 --> 00:14:33,839

think you should remember

450

00:14:37,350 --> 00:14:35,920

she had this quote that the only reason

451
00:14:38,069 --> 00:14:37,360
you ask for advice is because you know

452
00:14:40,389 --> 00:14:38,079
the answer

453
00:14:41,750 --> 00:14:40,399
and you don't want to accept it so for

454
00:14:43,509 --> 00:14:41,760
example some people will go to other

455
00:14:44,470 --> 00:14:43,519
people for relationship advice hoping

456
00:14:45,829 --> 00:14:44,480
that what they're hearing is

457
00:14:49,590 --> 00:14:45,839
you should stay with that person when

458
00:14:53,430 --> 00:14:50,949
what's your what's your take on

459
00:14:56,629 --> 00:14:53,440
self-deception because

460
00:14:58,949 --> 00:14:56,639
i think that we i think one of the

461
00:15:00,470 --> 00:14:58,959
you know you you actually ended the

462
00:15:01,990 --> 00:15:00,480
documentary with a beautiful

463
00:15:03,590 --> 00:15:02,000

quote which i won't i won't give away

464

00:15:05,430 --> 00:15:03,600

but

465

00:15:06,710 --> 00:15:05,440

i think one of the fundamental problems

466

00:15:08,629 --> 00:15:06,720

of our time

467

00:15:10,389 --> 00:15:08,639

if we're going to emerge new systems

468

00:15:12,150 --> 00:15:10,399

that are going to transform say let's

469

00:15:12,790 --> 00:15:12,160

even just stick with my specialty health

470

00:15:16,470 --> 00:15:12,800

care

471

00:15:17,189 --> 00:15:16,480

we better [h__h] transform ourselves

472

00:15:20,389 --> 00:15:17,199

first

473

00:15:23,189 --> 00:15:20,399

which means the self-deception the

474

00:15:25,829 --> 00:15:23,199

lies we tell ourselves about ourselves

475

00:15:28,470 --> 00:15:25,839

the hidden beliefs that we hold about

476

00:15:30,230 --> 00:15:28,480

ourselves for example if we hold the

477

00:15:32,069 --> 00:15:30,240

belief i'm a good person

478

00:15:33,670 --> 00:15:32,079

right now it seems on the surface like a

479

00:15:35,509 --> 00:15:33,680

wonderful belief

480

00:15:37,030 --> 00:15:35,519

but when something when we do something

481

00:15:39,350 --> 00:15:37,040

or think something

482

00:15:40,790 --> 00:15:39,360

you know the thought arises something

483

00:15:42,790 --> 00:15:40,800

that isn't nice

484

00:15:44,310 --> 00:15:42,800

or we accidentally or purposefully do

485

00:15:46,150 --> 00:15:44,320

something that's clearly

486

00:15:47,430 --> 00:15:46,160

not in the best interest of someone else

487

00:15:49,829 --> 00:15:47,440

and that

488

00:15:50,870 --> 00:15:49,839

dissonance then generates a kind of

489

00:15:54,230 --> 00:15:50,880

tension that

490

00:15:56,470 --> 00:15:54,240

causes a weird kind of dysfunction

491

00:15:57,269 --> 00:15:56,480

that actually projects outwards and i

492

00:15:59,509 --> 00:15:57,279

think our

493

00:16:01,590 --> 00:15:59,519

systems of human you know our human

494

00:16:02,790 --> 00:16:01,600

systems are actually epiphenomenon of

495

00:16:06,389 --> 00:16:02,800

our internal states and

496

00:16:07,749 --> 00:16:06,399

until we can turn that lens inward

497

00:16:09,030 --> 00:16:07,759

we're never going to solve these

498

00:16:10,230 --> 00:16:09,040

external problems we're just going to

499

00:16:12,230 --> 00:16:10,240

continue to

500

00:16:14,230 --> 00:16:12,240

dysfunction out outwardly have you

501
00:16:19,430 --> 00:16:14,240
thought quite a bit about this

502
00:16:25,749 --> 00:16:23,590
extreme self-flagellation and

503
00:16:26,870 --> 00:16:25,759
mortification self-mortification even to

504
00:16:28,230 --> 00:16:26,880
say that any

505
00:16:30,629 --> 00:16:28,240
anytime you think you're doing at least

506
00:16:34,069 --> 00:16:30,639
for me anytime i think i'm a good

507
00:16:36,230 --> 00:16:34,079
person oh i find

508
00:16:38,310 --> 00:16:36,240
via examination that what i was doing

509
00:16:41,749 --> 00:16:38,320
was cowardice

510
00:16:45,590 --> 00:16:41,759
masquerading as something good or or

511
00:16:48,230 --> 00:16:45,600
maliciousness or rancor

512
00:16:49,590 --> 00:16:48,240
so i'm extremely hesitant to say that

513
00:16:51,749 --> 00:16:49,600

anything i'm doing is good

514

00:16:53,110 --> 00:16:51,759

i'm just trying to minimize the bad or

515

00:16:57,189 --> 00:16:53,120

at least i'm trying to

516

00:17:01,749 --> 00:16:58,310

yeah i think that really involves

517

00:17:04,549 --> 00:17:01,759

examining belief who am i

518

00:17:06,230 --> 00:17:04,559

you know even that even that is a series

519

00:17:07,350 --> 00:17:06,240

of nested beliefs that we hold in our

520

00:17:10,069 --> 00:17:07,360

condition from

521

00:17:12,150 --> 00:17:10,079

very young ages and are influenced by

522

00:17:14,150 --> 00:17:12,160

everything around us and our genetics

523

00:17:15,029 --> 00:17:14,160

right i'm not a big blank slate kind of

524

00:17:18,150 --> 00:17:15,039

guy i think

525

00:17:21,029 --> 00:17:18,160

a lot of who we are is passed on

526

00:17:22,630 --> 00:17:21,039

uh genetically and otherwise and then

527

00:17:23,590 --> 00:17:22,640

there's a component of environment but

528

00:17:25,829 --> 00:17:23,600

really i i

529

00:17:26,789 --> 00:17:25,839

i'm with pinker a little bit uh stephen

530

00:17:29,350 --> 00:17:26,799

pinker on

531

00:17:30,150 --> 00:17:29,360

this idea that we really are handed this

532

00:17:31,590 --> 00:17:30,160

kind of

533

00:17:33,909 --> 00:17:31,600

you know i'm going to use a loaded term

534

00:17:35,990 --> 00:17:33,919

this karma not in a religious sense but

535

00:17:39,029 --> 00:17:36,000

in the causes and conditions

536

00:17:41,190 --> 00:17:39,039

that led to us and to some extent

537

00:17:42,870 --> 00:17:41,200

there is a radical self-acceptance that

538

00:17:44,470 --> 00:17:42,880

comes when you realize that you are as

539

00:17:47,110 --> 00:17:44,480

you are and cannot be other

540

00:17:48,630 --> 00:17:47,120

which means just that knowledge may

541

00:17:50,630 --> 00:17:48,640

allow you a kind of freedom and

542

00:17:54,390 --> 00:17:50,640

flexibility to be

543

00:17:55,830 --> 00:17:54,400

better than you were but it it involves

544

00:17:59,190 --> 00:17:55,840

actually accepting who you are instead

545

00:18:01,510 --> 00:17:59,200

of constantly putting up obfuscation and

546

00:18:03,029 --> 00:18:01,520

hiding from it and as a public person

547

00:18:05,750 --> 00:18:03,039

and you are too and you've

548

00:18:06,390 --> 00:18:05,760

your rise has been meteoric when i watch

549

00:18:07,669 --> 00:18:06,400

your stuff

550

00:18:10,310 --> 00:18:07,679

and actually this is something i should

551

00:18:11,909 --> 00:18:10,320

i should say quick early on

552

00:18:13,990 --> 00:18:11,919

when i saw your interview with hoffman

553

00:18:16,310 --> 00:18:14,000

and castro now these are a couple of my

554

00:18:17,110 --> 00:18:16,320

like the people that i i've interviewed

555

00:18:20,150 --> 00:18:17,120

and

556

00:18:23,669 --> 00:18:20,160

like god damn

557

00:18:26,710 --> 00:18:23,679

like this this guy's like a kid

558

00:18:29,830 --> 00:18:26,720

he's vastly smarter incredibly handsome

559

00:18:31,990 --> 00:18:29,840

and is asking these tremendously

560

00:18:33,190 --> 00:18:32,000

nuanced questions and had these guys

561

00:18:34,870 --> 00:18:33,200

attention and

562

00:18:37,029 --> 00:18:34,880

and the audience attention for like

563

00:18:40,390 --> 00:18:37,039

three hours of conversation

564

00:18:43,510 --> 00:18:40,400

and my immediate response was rage

565

00:18:45,430 --> 00:18:43,520

unworthiness jealousy anger

566

00:18:47,430 --> 00:18:45,440

like all that just bubbles up i'm like

567

00:18:50,630 --> 00:18:47,440

god i want to this guy needs to

568

00:18:52,070 --> 00:18:50,640

fail right but but but the but the cool

569

00:18:53,669 --> 00:18:52,080

thing i was proud of myself also it

570

00:18:56,710 --> 00:18:53,679

warms my heart that's the malicious part

571

00:19:03,190 --> 00:18:56,720

of me

572

00:19:05,029 --> 00:19:03,200

is more meta-aware now from eight years

573

00:19:06,230 --> 00:19:05,039

of being on a path of meditation and

574

00:19:07,190 --> 00:19:06,240

that kind of thing was like oh look at

575

00:19:09,510 --> 00:19:07,200

that

576

00:19:10,950 --> 00:19:09,520

what's going on there like what part of

577

00:19:13,190 --> 00:19:10,960

your ego is really

578

00:19:14,310 --> 00:19:13,200

is has a sense of unworthiness or the

579

00:19:16,070 --> 00:19:14,320

sense of like

580

00:19:18,070 --> 00:19:16,080

you're never good enough and so on and

581

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

so forth and by examining that

582

00:19:22,310 --> 00:19:19,840

like my next act was to send you an

583

00:19:24,230 --> 00:19:22,320

email and go dude you're awesome

584

00:19:26,070 --> 00:19:24,240

i love what you're doing and that

585

00:19:27,430 --> 00:19:26,080

connected us and and you had sent me an

586

00:19:29,110 --> 00:19:27,440

email prior to

587

00:19:31,669 --> 00:19:29,120

because you had just reached out

588

00:19:34,230 --> 00:19:31,679

spontaneously and it's very weird that

589

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

you have to you have to have some degree

590

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

of self-awareness to allow

591

00:19:39,350 --> 00:19:38,080

things to happen that i think are

592

00:19:41,430 --> 00:19:39,360

beneficial for all

593

00:19:42,789 --> 00:19:41,440

but that requires the work you have to

594

00:19:44,150 --> 00:19:42,799

actually put in the work i don't think

595

00:19:45,190 --> 00:19:44,160

we're born that way there are very few

596

00:19:47,270 --> 00:19:45,200

that are born that way

597

00:19:48,470 --> 00:19:47,280

i certainly wasn't i am a complete

598

00:19:53,190 --> 00:19:48,480

[h__h] at baseline

599

00:19:56,710 --> 00:19:53,200

complete [h__h]

600

00:19:59,510 --> 00:19:58,390

animosity for those who succeed in a

601
00:20:01,350 --> 00:19:59,520
domain that you think you should be

602
00:20:04,870 --> 00:20:01,360
succeeding at a greater level than

603
00:20:06,470 --> 00:20:04,880
the person who is i've come to the

604
00:20:09,590 --> 00:20:06,480
and i haven't come to it but i'm coming

605
00:20:12,950 --> 00:20:09,600
to this idea of

606
00:20:14,310 --> 00:20:12,960
well love thy enemy and

607
00:20:15,750 --> 00:20:14,320
there are some people especially in the

608
00:20:17,669 --> 00:20:15,760
self-development scene because i used to

609
00:20:21,190 --> 00:20:17,679
be a part of that

610
00:20:23,029 --> 00:20:21,200
that i despise but i i think that the

611
00:20:26,149 --> 00:20:23,039
reason i despise them is because i'm

612
00:20:29,029 --> 00:20:26,159
jealous and so it

613
00:20:30,630 --> 00:20:29,039

took almost everything out of me

614

00:20:32,830 --> 00:20:30,640

everything from me to

615

00:20:34,149 --> 00:20:32,840

click the like button on someone that i

616

00:20:36,149 --> 00:20:34,159

hated

617

00:20:37,590 --> 00:20:36,159

and i did that as i did that as a test

618

00:20:40,070 --> 00:20:37,600

for myself

619

00:20:41,590 --> 00:20:40,080

and there's this calm that comes at

620

00:20:44,630 --> 00:20:41,600

least over myself

621

00:20:48,310 --> 00:20:46,950

i tell this story plenty so some people

622

00:20:50,390 --> 00:20:48,320

ask me how are you supposed to

623

00:20:51,590 --> 00:20:50,400

solve this whole extreme left extreme

624

00:20:53,110 --> 00:20:51,600

right divide

625

00:20:55,830 --> 00:20:53,120

and someone was interviewing me on the

626

00:20:58,950 --> 00:20:55,840

radio recently

627

00:21:01,430 --> 00:20:58,960

yesterday or or so i believe he said

628

00:21:02,710 --> 00:21:01,440

he wanted me to say what because he's

629

00:21:04,310 --> 00:21:02,720

against the extreme left

630

00:21:05,830 --> 00:21:04,320

and he wanted and usually the people who

631

00:21:06,710 --> 00:21:05,840

are adamantly against the extreme left

632

00:21:08,310 --> 00:21:06,720

identify with being

633

00:21:10,470 --> 00:21:08,320

a part of the right or even extreme

634

00:21:11,190 --> 00:21:10,480

right and he wanted me to say that what

635

00:21:13,590 --> 00:21:11,200

we need to do is

636

00:21:15,029 --> 00:21:13,600

fight back and i'm i'm forced standing

637

00:21:18,149 --> 00:21:15,039

up for oneself and saying what

638

00:21:19,669 --> 00:21:18,159

one believes i think that's noble and

639

00:21:22,710 --> 00:21:19,679

extremely difficult

640

00:21:25,510 --> 00:21:22,720

but i don't advocate for any fighting i

641

00:21:27,750 --> 00:21:25,520

advocate for extending an arm of love to

642

00:21:28,870 --> 00:21:27,760

one's enemy in the same way that there's

643

00:21:30,549 --> 00:21:28,880

the story of

644

00:21:32,230 --> 00:21:30,559

of jesus and i'm not saying this as a

645

00:21:35,270 --> 00:21:32,240

christian i'm not christian

646

00:21:39,110 --> 00:21:35,280

i'm saying this as as

647

00:21:40,470 --> 00:21:39,120

as as the teller of a story that if you

648

00:21:41,510 --> 00:21:40,480

truly thought about it would bring you

649

00:21:44,470 --> 00:21:41,520

to tears

650

00:21:45,029 --> 00:21:44,480

when jesus was being taken away by

651
00:21:47,029 --> 00:21:45,039
people who

652
00:21:50,310 --> 00:21:47,039
he knew at least according to the story

653
00:21:52,310 --> 00:21:50,320
we're going to torture him kill him

654
00:21:53,750 --> 00:21:52,320
peter who was his friend cut off the ear

655
00:21:55,430 --> 00:21:53,760
of the soldier who was taking him away

656
00:21:57,909 --> 00:21:55,440
and jesus said no

657
00:21:58,710 --> 00:21:57,919
and took the ear and healed his enemy

658
00:22:01,110 --> 00:21:58,720
and like

659
00:22:01,909 --> 00:22:01,120
that kind of love man to be shouted at

660
00:22:03,350 --> 00:22:01,919
and still say

661
00:22:05,029 --> 00:22:03,360
and not in a condescending way because

662
00:22:05,830 --> 00:22:05,039
it can easily be constant i love you

663
00:22:09,510 --> 00:22:05,840

despite you

664

00:22:11,830 --> 00:22:09,520

no but mean it and heal your enemy

665

00:22:13,270 --> 00:22:11,840

i think that's even despite knowing what

666

00:22:15,110 --> 00:22:13,280

they're doing to you i think that's

667

00:22:16,870 --> 00:22:15,120

the path forward and obviously someone

668

00:22:17,510 --> 00:22:16,880

can say well then we'll just be taken

669

00:22:19,669 --> 00:22:17,520

over by

670

00:22:21,190 --> 00:22:19,679

by brutal dictators the bullies i don't

671

00:22:23,430 --> 00:22:21,200

think that's true i think that these

672

00:22:25,190 --> 00:22:23,440

tit-for-tat models don't take into

673

00:22:26,470 --> 00:22:25,200

account inspiration the story of jesus

674

00:22:28,070 --> 00:22:26,480

is inspirational

675

00:22:29,750 --> 00:22:28,080

so these separate agents who can

676

00:22:31,830 --> 00:22:29,760

interact with one another

677

00:22:33,510 --> 00:22:31,840

with different strategies such as

678

00:22:35,669 --> 00:22:33,520

tit-for-tat or tit-for-tat with

679

00:22:36,789 --> 00:22:35,679

forgiveness i'm sure you've heard of

680

00:22:38,390 --> 00:22:36,799

these models the people who are

681

00:22:39,669 --> 00:22:38,400

listening

682

00:22:42,149 --> 00:22:39,679

i don't think they take into account

683

00:22:44,230 --> 00:22:42,159

inspiration how one agent

684

00:22:45,590 --> 00:22:44,240

if one agent identifies with themselves

685

00:22:47,270 --> 00:22:45,600

then then they die

686

00:22:48,710 --> 00:22:47,280

but if one identifies with what's good

687

00:22:50,470 --> 00:22:48,720

then one lives because

688

00:22:52,070 --> 00:22:50,480

the good lives on through you through

689

00:22:52,789 --> 00:22:52,080

your example and through influencing

690

00:22:54,870 --> 00:22:52,799

others

691

00:22:56,549 --> 00:22:54,880

so i i'm not claiming that i live by

692

00:22:57,350 --> 00:22:56,559

that but i'm coming to that realization

693

00:22:59,669 --> 00:22:57,360

more and more

694

00:23:02,230 --> 00:22:59,679

trying or at least trying to try to

695

00:23:05,350 --> 00:23:04,390

i i try to end every show we do with uh

696

00:23:07,830 --> 00:23:05,360

i love you guys

697

00:23:08,789 --> 00:23:07,840

and we're out and and mean it like

698

00:23:11,990 --> 00:23:08,799

actually mean it

699

00:23:14,630 --> 00:23:12,000

like i love everybody as they are myself

700

00:23:16,390 --> 00:23:14,640

which gets to you know one of those

701
00:23:18,549 --> 00:23:16,400
interesting philosophical and

702
00:23:19,750 --> 00:23:18,559
ontological questions of what is the

703
00:23:22,950 --> 00:23:19,760
nature of reality

704
00:23:25,110 --> 00:23:22,960
if are we one substance

705
00:23:27,350 --> 00:23:25,120
is there one mind and you talked to

706
00:23:28,149 --> 00:23:27,360
castrip and hoffman and spyra about it

707
00:23:31,510 --> 00:23:28,159
and

708
00:23:32,710 --> 00:23:31,520
i'm just curious where having talked to

709
00:23:34,390 --> 00:23:32,720
all these guys and and

710
00:23:35,990 --> 00:23:34,400
physicists and having this mathematical

711
00:23:39,190 --> 00:23:36,000
and physics

712
00:23:41,990 --> 00:23:39,200
uh physicist background you know in your

713
00:23:43,830 --> 00:23:42,000

documentary you were very

714

00:23:45,590 --> 00:23:43,840

it was really remarkable to watch

715

00:23:46,549 --> 00:23:45,600

because and again

716

00:23:48,630 --> 00:23:46,559

for some people they're just gonna be

717

00:23:50,789 --> 00:23:48,640

like i don't what the hell

718

00:23:51,750 --> 00:23:50,799

and for others you know like myself i

719

00:23:53,350 --> 00:23:51,760

was just like oh

720

00:23:54,870 --> 00:23:53,360

i've never actually connected the dots

721

00:23:56,549 --> 00:23:54,880

in the way that he's connecting it

722

00:23:59,990 --> 00:23:56,559

and by the end you know i watched the

723

00:24:02,310 --> 00:24:00,000

long director's cut it's two hours

724

00:24:03,990 --> 00:24:02,320

you you said what's the minimum amount

725

00:24:06,230 --> 00:24:04,000

of information necessary

726

00:24:08,310 --> 00:24:06,240

to extract the information and the

727

00:24:10,870 --> 00:24:08,320

meaning from the message

728

00:24:12,470 --> 00:24:10,880

and i thought that was a fascinating

729

00:24:14,789 --> 00:24:12,480

experiment because

730

00:24:16,549 --> 00:24:14,799

you know two four six eight like how how

731

00:24:17,510 --> 00:24:16,559

much do you need to get the rest of the

732

00:24:19,029 --> 00:24:17,520

pattern

733

00:24:20,630 --> 00:24:19,039

and your point was well maybe when we

734

00:24:23,909 --> 00:24:20,640

look at something like the bible and

735

00:24:25,190 --> 00:24:23,919

and and we think oh you know this whole

736

00:24:25,909 --> 00:24:25,200

thing could be reduced to the ten

737

00:24:28,149 --> 00:24:25,919

commandments

738

00:24:29,190 --> 00:24:28,159

or you know or the golden rule which is

739

00:24:30,470 --> 00:24:29,200

something i despise

740

00:24:31,750 --> 00:24:30,480

i mean i despise people saying that

741

00:24:32,710 --> 00:24:31,760

that's what connects all religions and

742

00:24:33,909 --> 00:24:32,720

that's all we need

743

00:24:35,669 --> 00:24:33,919

and i can talk about that after but

744

00:24:36,710 --> 00:24:35,679

continue oh let's definitely that's

745

00:24:37,430 --> 00:24:36,720

definitely father because that's great

746

00:24:39,029 --> 00:24:37,440

the golden rule

747

00:24:40,549 --> 00:24:39,039

so yeah and there's this idea but then

748

00:24:41,190 --> 00:24:40,559

but then you say but but is that really

749

00:24:43,510 --> 00:24:41,200

true

750

00:24:45,190 --> 00:24:43,520

because this was written first of all in

751
00:24:45,909 --> 00:24:45,200
a time in a context that's different

752
00:24:49,190 --> 00:24:45,919
from where we are

753
00:24:52,870 --> 00:24:49,200
now could the meaning have only

754
00:24:54,310 --> 00:24:52,880
emerged from a length that's roughly the

755
00:24:57,029 --> 00:24:54,320
length of the bible say

756
00:24:57,350 --> 00:24:57,039
and we're just not really savvy to to

757
00:24:58,549 --> 00:24:57,360
that

758
00:25:00,390 --> 00:24:58,559
maybe something was lost in the

759
00:25:00,789 --> 00:25:00,400
translations and so on but and and then

760
00:25:05,029 --> 00:25:00,799
you

761
00:25:06,789 --> 00:25:05,039
documentary is two hours long

762
00:25:08,149 --> 00:25:06,799
and it kind of tied the whole thing into

763
00:25:09,510 --> 00:25:08,159

a tapestry and i don't know if you did

764

00:25:10,950 --> 00:25:09,520

that intentionally or not but

765

00:25:12,390 --> 00:25:10,960

yeah maybe you want to talk about that

766

00:25:17,190 --> 00:25:12,400

and then bring it back to golden rule

767

00:25:21,990 --> 00:25:20,470

okay let's talk about the i would also

768

00:25:23,830 --> 00:25:22,000

talk about the length of the bible

769

00:25:25,350 --> 00:25:23,840

or the ancient text in general and i'd

770

00:25:26,230 --> 00:25:25,360

say that not only is the length of the

771

00:25:28,549 --> 00:25:26,240

bible

772

00:25:29,830 --> 00:25:28,559

maybe not protracted as much people as

773

00:25:32,149 --> 00:25:29,840

plenty of people think but

774

00:25:34,149 --> 00:25:32,159

it's necessary and also not not

775

00:25:36,549 --> 00:25:34,159

sufficient so it's one

776
00:25:37,590 --> 00:25:36,559
well how do you get that see apparently

777
00:25:38,950 --> 00:25:37,600
they're

778
00:25:41,269 --> 00:25:38,960
not apparently there's something called

779
00:25:44,390 --> 00:25:43,269
protestants who were driven by sola

780
00:25:47,830 --> 00:25:44,400
scriptorus meaning

781
00:25:50,870 --> 00:25:47,840
by scripture alone i don't know if i

782
00:25:54,230 --> 00:25:50,880
buy that because plenty of our

783
00:25:56,630 --> 00:25:54,240
values and well

784
00:25:57,830 --> 00:25:56,640
our values are also embodied now i

785
00:25:59,269 --> 00:25:57,840
referenced this in the

786
00:26:00,710 --> 00:25:59,279
documentary there are four forms of

787
00:26:01,510 --> 00:26:00,720
knowing at least four forms

788
00:26:03,029 --> 00:26:01,520

propositional

789

00:26:04,070 --> 00:26:03,039

that is i'm speaking right now if you

790

00:26:04,950 --> 00:26:04,080

were to simply read it that's

791

00:26:07,669 --> 00:26:04,960

propositional

792

00:26:08,789 --> 00:26:07,679

procedural i'm just i'm just speculating

793

00:26:11,669 --> 00:26:08,799

so

794

00:26:12,470 --> 00:26:11,679

there's a mod at least a modicum of body

795

00:26:14,310 --> 00:26:12,480

language though

796

00:26:15,430 --> 00:26:14,320

the research says that it's 70 and i

797

00:26:16,470 --> 00:26:15,440

don't understand how they get that

798

00:26:18,549 --> 00:26:16,480

number

799

00:26:19,830 --> 00:26:18,559

but because how do you quantify what the

800

00:26:23,110 --> 00:26:19,840

message is and so

801
00:26:26,630 --> 00:26:23,120
okay there's that then there's

802
00:26:32,789 --> 00:26:29,669
forgive my lastitude it's

803
00:26:36,390 --> 00:26:32,799
it's been quite a grueling week

804
00:26:37,669 --> 00:26:36,400
for me yeah you you've not slept

805
00:26:40,390 --> 00:26:37,679
right i haven't slept well for a few

806
00:26:42,549 --> 00:26:40,400
days and i've been on this string of

807
00:26:43,510 --> 00:26:42,559
podcasts this is the fourth one for

808
00:26:46,070 --> 00:26:43,520
today

809
00:26:47,269 --> 00:26:46,080
and after this i'm not looking forward

810
00:26:49,430 --> 00:26:47,279
to this ending i actually want to speak

811
00:26:53,909 --> 00:26:49,440
with you for like three hours if i can

812
00:26:55,590 --> 00:26:53,919
but after this zubin i am going to just

813
00:26:57,269 --> 00:26:55,600

it's i'm going to feel like like a

814

00:27:00,310 --> 00:26:57,279

junkie that just put heroin in

815

00:27:03,430 --> 00:27:00,320

my body and and just

816

00:27:05,029 --> 00:27:03,440

be dissolving a sea of bliss for

817

00:27:07,190 --> 00:27:05,039

hopefully a week or two weeks because i

818

00:27:09,269 --> 00:27:07,200

need a break okay

819

00:27:10,230 --> 00:27:09,279

we can talk about that after getting to

820

00:27:11,350 --> 00:27:10,240

the four

821

00:27:14,390 --> 00:27:11,360

forms of knowing is there's

822

00:27:18,389 --> 00:27:14,400

participatory procedural

823

00:27:21,430 --> 00:27:18,399

perspectival and propositional

824

00:27:23,830 --> 00:27:21,440

it's not clear to me that

825

00:27:25,750 --> 00:27:23,840

religion is propositional per se and i

826

00:27:26,470 --> 00:27:25,760

know the new atheists like to pick apart

827

00:27:28,789 --> 00:27:26,480

texts

828

00:27:30,950 --> 00:27:28,799

and literally interpret it and there's a

829

00:27:32,549 --> 00:27:30,960

word there's a great word to

830

00:27:33,990 --> 00:27:32,559

if you don't know it's called subraption

831

00:27:35,389 --> 00:27:34,000

it means an inference drawn from

832

00:27:37,350 --> 00:27:35,399

a deliberate deliberate

833

00:27:41,269 --> 00:27:37,360

misrepresentation and so

834

00:27:43,590 --> 00:27:41,279

what they're doing is when they disprove

835

00:27:45,750 --> 00:27:43,600

the bible they're

836

00:27:47,029 --> 00:27:45,760

they're using subraptions and i don't

837

00:27:48,230 --> 00:27:47,039

think that's true firstly i don't think

838

00:27:50,149 --> 00:27:48,240

the bible's meant to be interpreted

839

00:27:51,990 --> 00:27:50,159

literally i also have a problem with the

840

00:27:54,389 --> 00:27:52,000

word literal interpretation

841

00:27:55,510 --> 00:27:54,399

because you can't have a literal

842

00:27:57,029 --> 00:27:55,520

interpretation literal means

843

00:27:57,909 --> 00:27:57,039

uninterpreted so it's almost as if

844

00:27:59,110 --> 00:27:57,919

you're saying uninterpreted

845

00:28:03,430 --> 00:27:59,120

interpretation

846

00:28:06,389 --> 00:28:03,440

and then a third it's not clear that all

847

00:28:07,909 --> 00:28:06,399

of what a religion is in the text so

848

00:28:11,029 --> 00:28:07,919

i'm not a fan of sola script

849

00:28:13,909 --> 00:28:11,039

taurus per se solis scriptura i think it

850

00:28:18,149 --> 00:28:16,789

yeah well i want to go back to your

851
00:28:22,230 --> 00:28:18,159
sleep

852
00:28:24,789 --> 00:28:22,240
so yes yeah how's that going

853
00:28:26,389 --> 00:28:24,799
well why so bad and and because you're

854
00:28:28,389 --> 00:28:26,399
desperate for some uh

855
00:28:30,470 --> 00:28:28,399
some rest and i think a lot of people in

856
00:28:32,630 --> 00:28:30,480
healthcare in particular suffer this

857
00:28:33,510 --> 00:28:32,640
syndrome what's been going on what's

858
00:28:37,830 --> 00:28:33,520
driving you and

859
00:28:47,990 --> 00:28:44,230
i find it difficult to shut my mind off

860
00:28:51,110 --> 00:28:48,000
i have tried meditation for

861
00:28:53,110 --> 00:28:51,120
years but not consistently

862
00:28:54,230 --> 00:28:53,120
i don't find it helps i also find that

863
00:28:56,470 --> 00:28:54,240

people who

864

00:28:58,310 --> 00:28:56,480

you probably see this people in the

865

00:28:59,590 --> 00:28:58,320

non-dual community

866

00:29:01,750 --> 00:28:59,600

people who are eastern people who are

867

00:29:03,430 --> 00:29:01,760

west they think that their view is the

868

00:29:06,470 --> 00:29:03,440

correct one and they try to blanketly

869

00:29:08,870 --> 00:29:06,480

apply it to everyone i don't know if

870

00:29:09,590 --> 00:29:08,880

it's if meditation is for everyone and i

871

00:29:11,830 --> 00:29:09,600

wonder

872

00:29:13,669 --> 00:29:11,840

part of my self-torture is by trying to

873

00:29:16,310 --> 00:29:13,679

impose meditation on me when i'm

874

00:29:17,909 --> 00:29:16,320

at this stage not meant for meditation

875

00:29:19,909 --> 00:29:17,919

it could be that it could be i'm

876

00:29:21,269 --> 00:29:19,919

not meditating correctly but either way

877

00:29:24,470 --> 00:29:21,279

meditation doesn't help

878

00:29:28,630 --> 00:29:24,480

medication can help but i'm not going to

879

00:29:31,669 --> 00:29:28,640

take benzodiazepines though melatonin

880

00:29:34,470 --> 00:29:31,679

works a scintilla cbd

881

00:29:36,549 --> 00:29:34,480

seems to work a bit either way what's

882

00:29:38,230 --> 00:29:36,559

kept what keeps me up is

883

00:29:39,830 --> 00:29:38,240

generally if i have an interview for the

884

00:29:40,950 --> 00:29:39,840

next few days i'm playing over scenarios

885

00:29:42,389 --> 00:29:40,960

and i'm trying to

886

00:29:43,990 --> 00:29:42,399

understand the theory of the person that

887

00:29:46,710 --> 00:29:44,000

i'm interviewing

888

00:29:47,750 --> 00:29:46,720

that's one of the i was speaking with a

889

00:29:51,590 --> 00:29:47,760

prominent youtuber

890

00:29:53,909 --> 00:29:51,600

i'll tell you off air who that is zubin

891

00:29:55,430 --> 00:29:53,919

he was asking me he's like hey kurt i

892

00:29:57,029 --> 00:29:55,440

have more subscribers than you but you

893

00:29:59,510 --> 00:29:57,039

have more views

894

00:30:01,990 --> 00:29:59,520

how is it that you do so and then i said

895

00:30:05,750 --> 00:30:02,000

it's extreme luck which it is like

896

00:30:06,549 --> 00:30:05,760

95 luck man and then also an extreme

897

00:30:08,070 --> 00:30:06,559

amount of work

898

00:30:09,990 --> 00:30:08,080

and the work is because i'm trying to

899

00:30:11,510 --> 00:30:10,000

understand

900

00:30:13,430 --> 00:30:11,520

i'm trying to comprehend these theories

901
00:30:15,190 --> 00:30:13,440
the whole point of the podcast it's not

902
00:30:16,950 --> 00:30:15,200
i don't care too much about conversing

903
00:30:17,269 --> 00:30:16,960
with people i care about understanding

904
00:30:21,990 --> 00:30:17,279
the

905
00:30:23,669 --> 00:30:22,000
advancing

906
00:30:25,190 --> 00:30:23,679
our own and i say our own because the

907
00:30:27,669 --> 00:30:25,200
theories of everything

908
00:30:28,870 --> 00:30:27,679
youtube is almost like a community and

909
00:30:30,950 --> 00:30:28,880
and i'm

910
00:30:34,149 --> 00:30:30,960
i would like it to be a i would like

911
00:30:37,430 --> 00:30:34,159
myself to be a vessel rather than the

912
00:30:40,149 --> 00:30:37,440
prominent person of it in fact i think

913
00:30:41,990 --> 00:30:40,159

i think there are some youtube channels

914

00:30:45,110 --> 00:30:42,000

that have had a nominal have had

915

00:30:46,549 --> 00:30:45,120

a name that's tangential to what they do

916

00:30:48,310 --> 00:30:46,559

and then their name attached so let's

917

00:30:49,909 --> 00:30:48,320

say i'm

918

00:30:51,590 --> 00:30:49,919

going to pick on some people but please

919

00:30:53,430 --> 00:30:51,600

of your these two youtubers

920

00:30:54,950 --> 00:30:53,440

i love you okay so there's artificial

921

00:30:57,029 --> 00:30:54,960

intelligence with lex friedman

922

00:30:57,990 --> 00:30:57,039

and then there was modern wisdom with

923

00:31:00,070 --> 00:30:58,000

chris williamson

924

00:31:01,029 --> 00:31:00,080

and then what they do is they remove the

925

00:31:03,269 --> 00:31:01,039

prior and then

926
00:31:04,789 --> 00:31:03,279
just they omit that and keep their name

927
00:31:06,470 --> 00:31:04,799
i am

928
00:31:07,909 --> 00:31:06,480
toying with doing the opposite because i

929
00:31:09,029 --> 00:31:07,919
don't want this to be about me so maybe

930
00:31:09,509 --> 00:31:09,039
eventually you'll be theories of

931
00:31:12,789 --> 00:31:09,519
everything

932
00:31:15,190 --> 00:31:12,799
obviously there's some of me that's

933
00:31:16,310 --> 00:31:15,200
doing a bit of branding by keeping my

934
00:31:17,669 --> 00:31:16,320
name in the channel

935
00:31:19,669 --> 00:31:17,679
but at some point i'd like to truncate

936
00:31:20,950 --> 00:31:19,679
that either way i'm sure the whole point

937
00:31:26,149 --> 00:31:20,960
of the channel is to explore

938
00:31:29,669 --> 00:31:28,710

deeply ensconcing myself in these

939

00:31:32,789 --> 00:31:29,679

theories

940

00:31:34,950 --> 00:31:32,799

and it takes they're not trivial

941

00:31:35,830 --> 00:31:34,960

not trivial in the least in fact try

942

00:31:37,509 --> 00:31:35,840

reading

943

00:31:39,430 --> 00:31:37,519

three pages of what chris langan has

944

00:31:40,630 --> 00:31:39,440

written that took me a day to get

945

00:31:43,430 --> 00:31:40,640

through three pages

946

00:31:44,950 --> 00:31:43,440

and it gets gets quicker obviously as

947

00:31:46,710 --> 00:31:44,960

you get familiar with the terminology

948

00:31:47,190 --> 00:31:46,720

but i'm trying to understand these and

949

00:31:50,070 --> 00:31:47,200

so

950

00:31:50,789 --> 00:31:50,080

prominent youtuber and he was saying hey

951
00:31:54,389 --> 00:31:50,799
kurt

952
00:31:56,149 --> 00:31:54,399
your channel has less

953
00:31:58,389 --> 00:31:56,159
subscribers but more views how i said

954
00:31:59,669 --> 00:31:58,399
it's nice it's like luck and then work

955
00:32:01,990 --> 00:31:59,679
extreme amount of work and he got

956
00:32:03,669 --> 00:32:02,000
offended at the extreme amount of work

957
00:32:05,269 --> 00:32:03,679
aspect he said well my work doesn't

958
00:32:07,750 --> 00:32:05,279
drain me i just listen to them i listen

959
00:32:09,750 --> 00:32:07,760
to guests on podcasts i go for

960
00:32:11,029 --> 00:32:09,760
i do it when i while i meditate or while

961
00:32:12,870 --> 00:32:11,039
i'm doing the dishes in fact it

962
00:32:13,990 --> 00:32:12,880
invigorates me and it was as if he was

963
00:32:17,269 --> 00:32:14,000

offended that i said

964

00:32:18,950 --> 00:32:17,279

that the work that i do drains me and

965

00:32:20,389 --> 00:32:18,960

i do think what i'm doing right now the

966

00:32:22,549 --> 00:32:20,399

way that i'm doing it is unhealthy

967

00:32:24,630 --> 00:32:22,559

obviously because i'm

968

00:32:25,830 --> 00:32:24,640

barely able to articulate a sentence

969

00:32:28,710 --> 00:32:25,840

here

970

00:32:31,669 --> 00:32:28,720

but but i don't see right now i don't

971

00:32:36,470 --> 00:32:35,029

around this given the goal of deeply

972

00:32:37,029 --> 00:32:36,480

trying to understand these theories of

973

00:32:39,029 --> 00:32:37,039

everything

974

00:32:41,509 --> 00:32:39,039

so that affects my sleep at times

975

00:32:45,110 --> 00:32:41,519

luckily zubin

976

00:32:47,190 --> 00:32:45,120

after this man i just i'm going i'm

977

00:32:51,029 --> 00:32:47,200

going to rest for like i'm i'm going to

978

00:32:57,350 --> 00:32:55,029

man i i how old are you kurt can i ask

979

00:32:58,549 --> 00:32:57,360

yeah sure how old do i look and you're

980

00:33:00,710 --> 00:32:58,559

not gonna offend me

981

00:33:01,590 --> 00:33:00,720

oh man you look like you're in your 20s

982

00:33:04,789 --> 00:33:01,600

dude no

983

00:33:07,350 --> 00:33:04,799

i'm 32. really well dude

984

00:33:08,230 --> 00:33:07,360

so you're still 32 to me is it is is

985

00:33:11,909 --> 00:33:08,240

very young

986

00:33:15,269 --> 00:33:11,919

uh and when i was your age my mind

987

00:33:15,990 --> 00:33:15,279

was so overactive and and i i was like

988

00:33:19,990 --> 00:33:16,000

you

989

00:33:22,149 --> 00:33:20,000

very diligent and very uh wrapped in the

990

00:33:24,230 --> 00:33:22,159

intellectual aspects the thinking

991

00:33:24,870 --> 00:33:24,240

process and the making the connections

992

00:33:27,269 --> 00:33:24,880

and

993

00:33:28,950 --> 00:33:27,279

if i closed my eyes a million thoughts

994

00:33:31,830 --> 00:33:28,960

and a million connections and

995

00:33:33,990 --> 00:33:31,840

with that came with that kind of

996

00:33:37,029 --> 00:33:34,000

capacity comes high anxiety

997

00:33:38,630 --> 00:33:37,039

so sleep was not there it just didn't

998

00:33:42,230 --> 00:33:38,640

happen and

999

00:33:43,990 --> 00:33:42,240

the the that sort of phenotype of person

1000

00:33:46,389 --> 00:33:44,000

i kind of see it in you when i see your

1001
00:33:47,750 --> 00:33:46,399
interviews because i can tell

1002
00:33:50,149 --> 00:33:47,760
i think most of the audience can tell

1003
00:33:52,789 --> 00:33:50,159
that you've put a [h__\h] ton of work

1004
00:33:53,909 --> 00:33:52,799
into these guests like the fact that you

1005
00:33:55,590 --> 00:33:53,919
can talk for

1006
00:33:57,909 --> 00:33:55,600
you know three or four hours to somebody

1007
00:34:01,509 --> 00:33:57,919
who's esoteric to begin with

1008
00:34:04,789 --> 00:34:01,519
right is is pretty remarkable

1009
00:34:07,909 --> 00:34:04,799
there's no answer for that right away

1010
00:34:11,589 --> 00:34:07,919
the answer starts to emerge as you

1011
00:34:14,149 --> 00:34:11,599
become more absolutely i agree

1012
00:34:15,510 --> 00:34:14,159
yeah you any if i were to tell you bro

1013
00:34:17,270 --> 00:34:15,520

you just need to realize that you're

1014

00:34:19,270 --> 00:34:17,280

just pure consciousness man and these

1015

00:34:19,990 --> 00:34:19,280

thoughts are just going across the sky

1016

00:34:21,750 --> 00:34:20,000

like clouds

1017

00:34:24,470 --> 00:34:21,760

and you can watch them good luck with

1018

00:34:27,109 --> 00:34:24,480

that try that just try that

1019

00:34:27,909 --> 00:34:27,119

at this stage we're identified with the

1020

00:34:34,389 --> 00:34:27,919

thought stream

1021

00:34:35,909 --> 00:34:34,399

and in a way that's awesome because

1022

00:34:37,589 --> 00:34:35,919

that's how we

1023

00:34:40,149 --> 00:34:37,599

like the guy who was offended by the

1024

00:34:43,349 --> 00:34:40,159

amount of diligence you'd really want to

1025

00:34:44,710 --> 00:34:43,359

introspect and go okay why is that is it

1026
00:34:47,109 --> 00:34:44,720
is it is he threatened by someone who

1027
00:34:49,750 --> 00:34:47,119
can work hard and is talented or is he

1028
00:34:50,950 --> 00:34:49,760
is he more really convinced that his way

1029
00:34:52,710 --> 00:34:50,960
is the only way

1030
00:34:54,470 --> 00:34:52,720
i'll tell you when when you tell me that

1031
00:34:56,550 --> 00:34:54,480
i go ah

1032
00:34:58,150 --> 00:34:56,560
that's why it's combination of things

1033
00:35:01,270 --> 00:34:58,160
why your stuff is so good

1034
00:35:03,030 --> 00:35:01,280
i have at this age i'm 48

1035
00:35:04,390 --> 00:35:03,040
so it took me i don't know how many

1036
00:35:07,990 --> 00:35:04,400
decades to

1037
00:35:11,109 --> 00:35:08,000
release how old are you sorry

1038
00:35:12,550 --> 00:35:11,119

i'm uh 48. so

1039

00:35:16,150 --> 00:35:12,560

it took me however many decades to

1040

00:35:19,750 --> 00:35:16,160

release this fixation that i had on

1041

00:35:21,829 --> 00:35:19,760

hyper diligence as a way to get by

1042

00:35:23,270 --> 00:35:21,839

and but i needed it if i didn't have it

1043

00:35:24,950 --> 00:35:23,280

i wouldn't have the tool

1044

00:35:27,430 --> 00:35:24,960

tool set that i have to do what i do and

1045

00:35:29,829 --> 00:35:27,440

now what i do is i try to drop into

1046

00:35:31,670 --> 00:35:29,839

flow and see what happens sometimes it

1047

00:35:32,950 --> 00:35:31,680

works sometimes it doesn't there's some

1048

00:35:34,150 --> 00:35:32,960

part of the audience that loves that

1049

00:35:35,430 --> 00:35:34,160

there's some part of the audience that

1050

00:35:37,990 --> 00:35:35,440

really wants a more

1051

00:35:39,829 --> 00:35:38,000

structured sort of thing but i can't be

1052

00:35:40,390 --> 00:35:39,839

anything but what i am in this moment

1053

00:35:42,470 --> 00:35:40,400

now

1054

00:35:44,150 --> 00:35:42,480

it used to be i would try not to be i

1055

00:35:47,829 --> 00:35:44,160

try to be whatever anyone wanted

1056

00:35:50,550 --> 00:35:47,839

which was very it was very ego

1057

00:35:52,150 --> 00:35:50,560

dystonic it felt very wrong but yet you

1058

00:35:54,870 --> 00:35:52,160

get the dopamine burst from whatever

1059

00:35:57,349 --> 00:35:54,880

validation that came from doing that so

1060

00:35:58,870 --> 00:35:57,359

it really took a lot of time for me to

1061

00:36:00,630 --> 00:35:58,880

find that way

1062

00:36:03,109 --> 00:36:00,640

and i'm not saying that's your path but

1063

00:36:04,630 --> 00:36:03,119

i think that i'm very sympathetic to

1064

00:36:08,550 --> 00:36:04,640

what you're going through

1065

00:36:10,069 --> 00:36:08,560

it's very hard very very hard um

1066

00:36:12,230 --> 00:36:10,079

your your documentary by the way for

1067

00:36:14,870 --> 00:36:12,240

people who have not seen it

1068

00:36:17,109 --> 00:36:14,880

it really speaks to who you are it it

1069

00:36:19,270 --> 00:36:17,119

there's so many gems in there of

1070

00:36:20,310 --> 00:36:19,280

kind of getting at who kurt is right now

1071

00:36:22,630 --> 00:36:20,320

that it's it's

1072

00:36:24,390 --> 00:36:22,640

absolutely a fascinating thing to watch

1073

00:36:25,990 --> 00:36:24,400

and and when you talk about your parents

1074

00:36:27,670 --> 00:36:26,000

i thought that was fascinating because

1075

00:36:28,630 --> 00:36:27,680

i resonated with one of the things he

1076

00:36:29,510 --> 00:36:28,640

said and i don't know if you said this

1077

00:36:30,950 --> 00:36:29,520

consciously or

1078

00:36:32,470 --> 00:36:30,960

as just part of who you are you said you

1079

00:36:33,990 --> 00:36:32,480

know i really the idea that i they may

1080

00:36:35,349 --> 00:36:34,000

not be around to kind of see what i've

1081

00:36:36,630 --> 00:36:35,359

accomplished and that kind of thing i'm

1082

00:36:38,550 --> 00:36:36,640

like

1083

00:36:40,069 --> 00:36:38,560

that's that's an immigrant thing man

1084

00:36:41,990 --> 00:36:40,079

like for me

1085

00:36:43,990 --> 00:36:42,000

like this idea that so much of my life i

1086

00:36:45,510 --> 00:36:44,000

lived like what am i gonna do to

1087

00:36:47,670 --> 00:36:45,520

to show my parents that i'm worthy of

1088

00:36:49,990 --> 00:36:47,680

being a kid of theirs

1089

00:36:50,790 --> 00:36:50,000

and and then at some point something

1090

00:36:52,550 --> 00:36:50,800

snaps

1091

00:36:54,790 --> 00:36:52,560

i think maybe you do actually accomplish

1092

00:36:55,910 --> 00:36:54,800

enough or you let it go but then

1093

00:36:58,150 --> 00:36:55,920

suddenly it's like

1094

00:36:59,990 --> 00:36:58,160

how can i show you i'm just like doing

1095

00:37:01,990 --> 00:37:00,000

as little as possible and just trying to

1096

00:37:03,270 --> 00:37:02,000

be me

1097

00:37:05,109 --> 00:37:03,280

you know because i think that's

1098

00:37:06,950 --> 00:37:05,119

ultimately what we all you know

1099

00:37:08,150 --> 00:37:06,960

what i was looking for but yeah i got to

1100

00:37:08,630 --> 00:37:08,160

change my headphones and i want to hear

1101

00:37:10,390 --> 00:37:08,640

you

1102

00:37:11,750 --> 00:37:10,400

through this stream of consciousness

1103

00:37:13,510 --> 00:37:11,760

just give me a second all right

1104

00:37:14,630 --> 00:37:13,520

yeah of course so while you're doing

1105

00:37:15,109 --> 00:37:14,640

that i'm going to look at some comments

1106

00:37:22,150 --> 00:37:15,119

here

1107

00:37:24,230 --> 00:37:22,160

too much at one time try separating the

1108

00:37:25,990 --> 00:37:24,240

now to what can wait says ann

1109

00:37:28,150 --> 00:37:26,000

cairns so that's always that's good

1110

00:37:30,710 --> 00:37:28,160

advice for anyone it's very hard for an

1111

00:37:31,270 --> 00:37:30,720

autonomic mind because we're not really

1112

00:37:32,470 --> 00:37:31,280

we

1113

00:37:34,069 --> 00:37:32,480

see so here's one of the things that i

1114

00:37:35,510 --> 00:37:34,079

thought of you know when i was hearing

1115

00:37:39,190 --> 00:37:35,520

you talk about this

1116

00:37:42,230 --> 00:37:39,200

there is for me when that happens

1117

00:37:44,950 --> 00:37:42,240

oh yeah sure sure um

1118

00:37:48,310 --> 00:37:44,960

can you hear me now though or no ah now

1119

00:37:51,510 --> 00:37:49,990

all right we're going to find out

1120

00:37:52,870 --> 00:37:51,520

because i don't want to talk great yeah

1121

00:37:55,270 --> 00:37:52,880

yeah okay i can hear you chris yeah

1122

00:37:56,150 --> 00:37:55,280

you can hear me i don't know if okay i

1123

00:37:57,589 --> 00:37:56,160

don't know if anyone

1124

00:37:59,430 --> 00:37:57,599

can help me with this tech problem

1125

00:38:00,470 --> 00:37:59,440

anytime i use obs which is recording

1126

00:38:02,310 --> 00:38:00,480

right now

1127

00:38:03,670 --> 00:38:02,320

there's distortion placed on the head on

1128

00:38:06,230 --> 00:38:03,680

the bluetooth headphones

1129

00:38:08,230 --> 00:38:06,240

don't know why that is okay continue

1130

00:38:09,670 --> 00:38:08,240

yeah i use obs for streaming live but

1131

00:38:12,390 --> 00:38:09,680

not in this case because i'm

1132

00:38:13,990 --> 00:38:12,400

using um caster but i found that obs is

1133

00:38:15,589 --> 00:38:14,000

very quirky since it's open

1134

00:38:17,190 --> 00:38:15,599

source there's some weird stuff in there

1135

00:38:18,710 --> 00:38:17,200

that yeah people may know the answer

1136

00:38:20,310 --> 00:38:18,720

okay so so one thing you said when you

1137

00:38:23,750 --> 00:38:20,320

talked about this thought

1138

00:38:26,230 --> 00:38:23,760

storm that you have at night

1139

00:38:26,950 --> 00:38:26,240

that prevents you from sleeping i i

1140

00:38:30,069 --> 00:38:26,960

actually

1141

00:38:30,870 --> 00:38:30,079

think of that as a storm of thought for

1142

00:38:34,630 --> 00:38:30,880

many people

1143

00:38:37,430 --> 00:38:34,640

myself as one of these we

1144

00:38:39,510 --> 00:38:37,440

hold ourselves accountable for having

1145

00:38:41,190 --> 00:38:39,520

the thought storm and it wraps a series

1146

00:38:43,270 --> 00:38:41,200

of meta beliefs around

1147

00:38:44,710 --> 00:38:43,280

what's actually happening so thoughts

1148

00:38:46,150 --> 00:38:44,720

are coming and then we go these thoughts

1149

00:38:46,950 --> 00:38:46,160

shouldn't be coming so fast i should be

1150

00:38:48,870 --> 00:38:46,960

sleeping right now

1151
00:38:50,470 --> 00:38:48,880
why can't i turn the thoughts off why am

1152
00:38:52,390 --> 00:38:50,480
i having these thoughts i'm

1153
00:38:53,510 --> 00:38:52,400
somehow a bad person or i'm not good

1154
00:38:55,910 --> 00:38:53,520
enough or whatever and

1155
00:38:57,109 --> 00:38:55,920
that adds another layer because as as

1156
00:38:58,150 --> 00:38:57,119
you probably know from talking to so

1157
00:38:59,510 --> 00:38:58,160
many people that you've talked to we

1158
00:39:02,870 --> 00:38:59,520
don't author our thoughts

1159
00:39:04,710 --> 00:39:02,880
in fact any level of investigation can

1160
00:39:05,990 --> 00:39:04,720
kind of reveal pretty quickly that these

1161
00:39:07,670 --> 00:39:06,000
thoughts arise

1162
00:39:09,030 --> 00:39:07,680
they may be from causes and conditions

1163
00:39:09,750 --> 00:39:09,040

but we're not the author of them in

1164

00:39:13,270 --> 00:39:09,760

other words

1165

00:39:16,310 --> 00:39:13,280

we cannot control what we think because

1166

00:39:17,270 --> 00:39:16,320

even trying to do that actually causes

1167

00:39:19,270 --> 00:39:17,280

more thoughts to

1168

00:39:21,349 --> 00:39:19,280

ripple in the pond of consciousness that

1169

00:39:22,470 --> 00:39:21,359

doesn't mean we can't frame our response

1170

00:39:25,270 --> 00:39:22,480

to the thoughts

1171

00:39:26,470 --> 00:39:25,280

or how we kind of interpret our our

1172

00:39:29,510 --> 00:39:26,480

thought storm

1173

00:39:31,190 --> 00:39:29,520

but we certainly can't control the

1174

00:39:33,510 --> 00:39:31,200

actual thoughts that arise and

1175

00:39:35,030 --> 00:39:33,520

that illusion of control which again

1176

00:39:36,390 --> 00:39:35,040

relates to free will and all that

1177

00:39:38,150 --> 00:39:36,400

which is a whole another thing but

1178

00:39:39,270 --> 00:39:38,160

that'll we're going to talk about that

1179

00:39:41,190 --> 00:39:39,280

yeah we should definitely talk about

1180

00:39:43,670 --> 00:39:41,200

that that illusion of control it

1181

00:39:45,270 --> 00:39:43,680

creates a kind of suffering it's a kind

1182

00:39:45,990 --> 00:39:45,280

of a meta-suffering on top of the

1183

00:39:49,270 --> 00:39:46,000

suffering of

1184

00:39:51,030 --> 00:39:49,280

identifying with the thoughts so it's

1185

00:39:51,510 --> 00:39:51,040

very hard to tease those things out it's

1186

00:39:53,510 --> 00:39:51,520

only

1187

00:39:55,109 --> 00:39:53,520

recently that i've been able to watch my

1188

00:39:56,470 --> 00:39:55,119

mind enough

1189

00:39:58,390 --> 00:39:56,480

with a lot of help from different

1190

00:39:59,510 --> 00:39:58,400

resources that to go oh look what's

1191

00:40:01,910 --> 00:39:59,520

happening

1192

00:40:03,589 --> 00:40:01,920

this is a thought storm you know okay

1193

00:40:04,950 --> 00:40:03,599

okay don't don't i'm not going to judge

1194

00:40:05,750 --> 00:40:04,960

myself for the thought storm and what's

1195

00:40:07,589 --> 00:40:05,760

weird is

1196

00:40:10,390 --> 00:40:07,599

the thought storm then kind of runs its

1197

00:40:12,950 --> 00:40:10,400

course so now when i wake up at 3 a.m

1198

00:40:13,829 --> 00:40:12,960

with this feeling of like pressure in

1199

00:40:15,750 --> 00:40:13,839

the chest

1200

00:40:17,030 --> 00:40:15,760

this unknown source of anxiety right

1201
00:40:18,550 --> 00:40:17,040
that clearly has some cause and

1202
00:40:19,990 --> 00:40:18,560
condition that i can't pinpoint

1203
00:40:21,589 --> 00:40:20,000
and then the thought storm launches oh

1204
00:40:23,030 --> 00:40:21,599
my god why am i anxious why am i so

1205
00:40:24,150 --> 00:40:23,040
anxious oh i have an interview today

1206
00:40:26,069 --> 00:40:24,160
oh man what am i going to do in this

1207
00:40:27,829 --> 00:40:26,079
interview and then the thoughts start

1208
00:40:29,670 --> 00:40:27,839
secreting like the sponge of the mind

1209
00:40:32,550 --> 00:40:29,680
squeezes and it just secretes

1210
00:40:33,990 --> 00:40:32,560
these thoughts i'm able to actually at

1211
00:40:35,589 --> 00:40:34,000
some point get a meta-aware

1212
00:40:36,870 --> 00:40:35,599
metacognition and go oh look at this

1213
00:40:39,349 --> 00:40:36,880

look what's happening okay

1214

00:40:40,069 --> 00:40:39,359

okay when you say you're able to do that

1215

00:40:41,829 --> 00:40:40,079

how are you

1216

00:40:43,349 --> 00:40:41,839

able to do that without exercising free

1217

00:40:47,030 --> 00:40:43,359

will

1218

00:40:53,349 --> 00:40:47,040

fascinating

1219

00:40:55,109 --> 00:40:53,359

know the arguments against free will we

1220

00:40:56,470 --> 00:40:55,119

know arguments for determinism that

1221

00:40:58,710 --> 00:40:56,480

everything is just causes and conditions

1222

00:41:01,990 --> 00:40:58,720

then we're just along for the ride

1223

00:41:02,470 --> 00:41:02,000

but actually i'm increasingly wondering

1224

00:41:05,750 --> 00:41:02,480

whether

1225

00:41:09,109 --> 00:41:05,760

how we direct our attention

1226
00:41:12,309 --> 00:41:09,119
is not one of the only things within

1227
00:41:14,390 --> 00:41:12,319
some degree of will now

1228
00:41:16,150 --> 00:41:14,400
hoffman with his conscious agent theory

1229
00:41:19,349 --> 00:41:16,160
actually feels that

1230
00:41:23,030 --> 00:41:19,359
each agent within the complex

1231
00:41:26,150 --> 00:41:23,040
instantiation that we are has its own

1232
00:41:28,870 --> 00:41:26,160
de novo uh uh

1233
00:41:30,069 --> 00:41:28,880
free will but it's constrained by the

1234
00:41:32,309 --> 00:41:30,079
free will decisions of

1235
00:41:33,589 --> 00:41:32,319
other agents within the matrix and

1236
00:41:35,270 --> 00:41:33,599
therefore

1237
00:41:37,190 --> 00:41:35,280
true likes free will at this

1238
00:41:38,150 --> 00:41:37,200

instantiation isn't really true it's

1239

00:41:39,910 --> 00:41:38,160
constrained

1240

00:41:42,069 --> 00:41:39,920
but yet novelty still enters the

1241

00:41:44,550 --> 00:41:42,079
universe in the form of decisions

1242

00:41:45,990 --> 00:41:44,560
at each level and so i think free will's

1243

00:41:48,069 --> 00:41:46,000
i don't think there is no free will i

1244

00:41:48,870 --> 00:41:48,079
think free will is not what we think it

1245

00:41:53,670 --> 00:41:48,880
is

1246

00:41:55,270 --> 00:41:53,680
i just don't think it's what we think it

1247

00:41:57,109 --> 00:41:55,280
is so there's

1248

00:41:58,630 --> 00:41:57,119
a something that happens and you could

1249

00:41:59,270 --> 00:41:58,640
even say this well even that's not free

1250

00:42:01,190 --> 00:41:59,280
will when i'm

1251
00:42:02,630 --> 00:42:01,200
recognizing the thought storm and i'm

1252
00:42:05,430 --> 00:42:02,640
deciding to do this thing

1253
00:42:06,950 --> 00:42:05,440
it's more that this neuronal storm this

1254
00:42:09,589 --> 00:42:06,960
complex series of

1255
00:42:10,950 --> 00:42:09,599
of happenings that is me suddenly

1256
00:42:12,470 --> 00:42:10,960
because of previous causes and

1257
00:42:15,030 --> 00:42:12,480
conditions i read a text

1258
00:42:15,990 --> 00:42:15,040
i studied some buddhism i read sam

1259
00:42:18,230 --> 00:42:16,000
harris's book on free

1260
00:42:19,109 --> 00:42:18,240
will i studied angela de lulo's book on

1261
00:42:21,430 --> 00:42:19,119
awakening

1262
00:42:23,589 --> 00:42:21,440
and now there's enough juice there to

1263
00:42:26,309 --> 00:42:23,599

emerge a decision to go

1264

00:42:27,829 --> 00:42:26,319

a decision that's mine to go oh this is

1265

00:42:29,750 --> 00:42:27,839

this thought storm i should

1266

00:42:31,829 --> 00:42:29,760

sit back and watch it and then let it

1267

00:42:33,910 --> 00:42:31,839

dissipate so it's very

1268

00:42:35,030 --> 00:42:33,920

complex and i think even claiming to

1269

00:42:39,349 --> 00:42:35,040

understand it would be

1270

00:42:43,430 --> 00:42:41,270

so in what you just articulated it's

1271

00:42:47,030 --> 00:42:43,440

more about that we don't have free will

1272

00:42:50,150 --> 00:42:47,040

it's that our decisions are based upon

1273

00:42:53,670 --> 00:42:50,160

the prior conditions and these

1274

00:42:56,710 --> 00:42:55,430

i would say this i i'm actually kind of

1275

00:42:59,589 --> 00:42:56,720

partial to the buddhist

1276
00:43:00,870 --> 00:42:59,599
idea of dependent origination that

1277
00:43:02,870 --> 00:43:00,880
everything happens

1278
00:43:04,550 --> 00:43:02,880
because of causes and conditions that

1279
00:43:06,470 --> 00:43:04,560
aren't simple it's not just

1280
00:43:08,150 --> 00:43:06,480
i lift up the cup therefore this happens

1281
00:43:09,349 --> 00:43:08,160
it's more like the entire web is

1282
00:43:11,750 --> 00:43:09,359
connected

1283
00:43:14,230 --> 00:43:11,760
in ways that even the super super

1284
00:43:17,270 --> 00:43:14,240
computer can't could never predict yet

1285
00:43:19,670 --> 00:43:17,280
and that then you know

1286
00:43:20,550 --> 00:43:19,680
unified vibration of stuff happening

1287
00:43:23,430 --> 00:43:20,560
affects what

1288
00:43:25,190 --> 00:43:23,440

thought arises next have you heard of

1289

00:43:26,950 --> 00:43:25,200

wolfram's concept of computational

1290

00:43:30,309 --> 00:43:26,960

irreducibility

1291

00:43:31,829 --> 00:43:30,319

i haven't okay so what it is it's it's

1292

00:43:33,750 --> 00:43:31,839

wolfram thinks that this is the origin

1293

00:43:37,270 --> 00:43:33,760

of free will

1294

00:43:40,069 --> 00:43:37,280

computational irreducibility means that

1295

00:43:41,750 --> 00:43:40,079

a system is you can't predict the

1296

00:43:42,390 --> 00:43:41,760

outcome of a system without running the

1297

00:43:43,829 --> 00:43:42,400

system

1298

00:43:45,270 --> 00:43:43,839

and because we're embedded within the

1299

00:43:46,870 --> 00:43:45,280

system that we're running you can't

1300

00:43:55,069 --> 00:43:46,880

predict your own actions

1301
00:43:57,910 --> 00:43:55,079
unless you simply run them almost like

1302
00:44:00,230 --> 00:43:57,920
a simple example is

1303
00:44:01,030 --> 00:44:00,240
fluid dynamics it's difficult to know

1304
00:44:02,390 --> 00:44:01,040
what's

1305
00:44:04,550 --> 00:44:02,400
where a certain particle is going to end

1306
00:44:08,150 --> 00:44:04,560
up unless you just simulate it

1307
00:44:09,349 --> 00:44:08,160
you can't derive it and

1308
00:44:11,349 --> 00:44:09,359
right okay well then he would say that

1309
00:44:11,990 --> 00:44:11,359
that's the origin of free will i don't

1310
00:44:14,790 --> 00:44:12,000
it sounds

1311
00:44:15,430 --> 00:44:14,800
similar to what you're saying okay i

1312
00:44:17,349 --> 00:44:15,440
love that

1313
00:44:18,550 --> 00:44:17,359

and i'll tell you why because you know

1314

00:44:20,150 --> 00:44:18,560

there's i think there's

1315

00:44:22,710 --> 00:44:20,160

i don't know if it's fmri data or what

1316

00:44:25,510 --> 00:44:22,720

but human minds

1317

00:44:27,190 --> 00:44:25,520

simulate out what they're going to do

1318

00:44:28,630 --> 00:44:27,200

and in fact i think sam harris has

1319

00:44:30,309 --> 00:44:28,640

talked about this

1320

00:44:31,829 --> 00:44:30,319

we you know if i if i go i want to pick

1321

00:44:34,630 --> 00:44:31,839

up this cup

1322

00:44:36,069 --> 00:44:34,640

my mind has already done a projection

1323

00:44:37,349 --> 00:44:36,079

this is what it looks like and it lights

1324

00:44:38,870 --> 00:44:37,359

up motor sections of the brain that

1325

00:44:40,550 --> 00:44:38,880

would normally be involved in actually

1326

00:44:42,790 --> 00:44:40,560

picking up that cup

1327

00:44:43,829 --> 00:44:42,800

so in a way our mind is like a future

1328

00:44:47,829 --> 00:44:43,839

predictor but

1329

00:44:49,430 --> 00:44:47,839

that act of prediction feels to the to

1330

00:44:52,309 --> 00:44:49,440

the consciousness that we are

1331

00:44:53,190 --> 00:44:52,319

like a free will decision it's almost

1332

00:44:55,270 --> 00:44:53,200

like

1333

00:44:56,870 --> 00:44:55,280

it you know it predict you know and

1334

00:44:57,589 --> 00:44:56,880

these studies have been decided you know

1335

00:44:59,109 --> 00:44:57,599

you know

1336

00:45:01,670 --> 00:44:59,119

you've made a decision like up to six

1337

00:45:02,790 --> 00:45:01,680

seconds on fmri before you're aware the

1338

00:45:04,550 --> 00:45:02,800

decision has been made

1339

00:45:07,030 --> 00:45:04,560

but that doesn't mean that some aspect

1340

00:45:10,230 --> 00:45:07,040

of your mind system hasn't

1341

00:45:12,390 --> 00:45:10,240

hasn't con hasn't in a free will sense

1342

00:45:14,630 --> 00:45:12,400

de novo made a decision

1343

00:45:16,870 --> 00:45:14,640

that you're just not aware of at this

1344

00:45:18,550 --> 00:45:16,880

level of consciousness where we are

1345

00:45:20,230 --> 00:45:18,560

and that's why you know we have all

1346

00:45:21,750 --> 00:45:20,240

these unconscious processes that in

1347

00:45:23,670 --> 00:45:21,760

themselves may well be

1348

00:45:25,430 --> 00:45:23,680

conscious at their level in a way we are

1349

00:45:28,710 --> 00:45:25,440

not able to experience without

1350

00:45:29,829 --> 00:45:28,720

brain damage drugs whatever that put us

1351

00:45:33,829 --> 00:45:29,839

at that level

1352

00:45:37,270 --> 00:45:33,839

um so free will becomes this intensely

1353

00:45:41,030 --> 00:45:39,430

thing to even think about and and one

1354

00:45:43,270 --> 00:45:41,040

thing i want i want to say is

1355

00:45:44,390 --> 00:45:43,280

if you've ever had a meditative

1356

00:45:46,230 --> 00:45:44,400

experience and it's not really

1357

00:45:47,190 --> 00:45:46,240

meditative it's more a non-dual

1358

00:45:51,030 --> 00:45:47,200

experience

1359

00:45:56,309 --> 00:45:53,190

and i i can actually try to put myself

1360

00:45:59,430 --> 00:45:56,319

in this headspace even now

1361

00:46:01,829 --> 00:45:59,440

where and there's a beautiful

1362

00:46:04,309 --> 00:46:01,839

old piece of wisdom writing a buddha

1363

00:46:07,349 --> 00:46:04,319

suta called the bahia suta

1364

00:46:10,390 --> 00:46:07,359

that that points this out and

1365

00:46:11,030 --> 00:46:10,400

and it goes like this train yourself

1366

00:46:13,990 --> 00:46:11,040

this way

1367

00:46:15,030 --> 00:46:14,000

is what this wise sage is telling

1368

00:46:16,069 --> 00:46:15,040

someone who's trying to learn to be

1369

00:46:18,630 --> 00:46:16,079

enlightened

1370

00:46:21,510 --> 00:46:18,640

and he says train yourself in this way

1371

00:46:25,750 --> 00:46:21,520

in the scene

1372

00:46:31,349 --> 00:46:29,750

in the herd there will merely be what is

1373

00:46:34,710 --> 00:46:31,359

heard

1374

00:46:38,309 --> 00:46:34,720

in the thought there will merely

1375

00:46:41,349 --> 00:46:38,319

be the thought and so on through the

1376

00:46:43,589 --> 00:46:41,359

six senses which the sixth is mind

1377

00:46:44,550 --> 00:46:43,599

and the idea there is notice what isn't

1378

00:46:47,990 --> 00:46:44,560

there

1379

00:46:51,430 --> 00:46:48,000

is a you an i

1380

00:46:53,270 --> 00:46:51,440

a perceiver when they say in the scene

1381

00:46:54,390 --> 00:46:53,280

there will merely be what is seen it

1382

00:46:57,589 --> 00:46:54,400

means that

1383

00:46:59,829 --> 00:46:57,599

there is just seeing so this cup

1384

00:47:00,950 --> 00:46:59,839

is just this self-knowing

1385

00:47:04,230 --> 00:47:00,960

self-illuminating

1386

00:47:07,990 --> 00:47:04,240

happening now when you drop into

1387

00:47:10,550 --> 00:47:08,000

that state the self cannot be found

1388

00:47:11,510 --> 00:47:10,560

there's no eye having the experience

1389

00:47:15,510 --> 00:47:11,520

experience

1390

00:47:16,069 --> 00:47:15,520

is experiencing appearances appearing

1391

00:47:20,470 --> 00:47:16,079

and

1392

00:47:23,270 --> 00:47:20,480

that feels like a kind of sense of

1393

00:47:25,990 --> 00:47:23,280

agency that is very different

1394

00:47:26,710 --> 00:47:26,000

than what we classically call free will

1395

00:47:29,109 --> 00:47:26,720

because there's

1396

00:47:31,349 --> 00:47:29,119

nobody making the decisions that things

1397

00:47:34,390 --> 00:47:31,359

are happening things are just happening

1398

00:47:37,270 --> 00:47:34,400

to no one but there's a sense

1399

00:47:37,990 --> 00:47:37,280

of an is-ness where everything is just

1400

00:47:39,829 --> 00:47:38,000

okay

1401

00:47:44,150 --> 00:47:39,839

it's very hard to put into words in fact

1402

00:47:47,349 --> 00:47:46,150

so this is not saying that there is no

1403

00:47:48,630 --> 00:47:47,359

self this is saying that

1404

00:47:50,710 --> 00:47:48,640

the thoughts that you traditionally

1405

00:47:54,230 --> 00:47:50,720

identify with yourself are not you

1406

00:47:56,390 --> 00:47:54,240

something like that or is is this an

1407

00:47:57,270 --> 00:47:56,400

a statement for the dissolution of the

1408

00:48:01,190 --> 00:47:57,280

idea of self

1409

00:48:06,790 --> 00:48:01,200

at all so it's even beyond that

1410

00:48:08,710 --> 00:48:06,800

it's that there's no experienter

1411

00:48:10,069 --> 00:48:08,720

so do you know how rupert spyro will

1412

00:48:12,870 --> 00:48:10,079

talk about

1413

00:48:13,430 --> 00:48:12,880

step back as be the awareness the sense

1414

00:48:16,950 --> 00:48:13,440

of i

1415

00:48:20,069 --> 00:48:16,960

am the consciousness is what we are

1416

00:48:23,589 --> 00:48:20,079

is his one of his teachings right

1417

00:48:26,990 --> 00:48:23,599

there's a step beyond that which is even

1418

00:48:28,630 --> 00:48:27,000

consciousness as a subject as an

1419

00:48:31,349 --> 00:48:28,640

experiencer

1420

00:48:33,030 --> 00:48:31,359

disappears and then even the idea of

1421

00:48:36,390 --> 00:48:33,040

self

1422

00:48:38,950 --> 00:48:36,400

it's it's nowhere to be found there's no

1423

00:48:39,990 --> 00:48:38,960

you there and and it's very hard to put

1424

00:48:43,589 --> 00:48:40,000

into words but

1425

00:48:46,950 --> 00:48:43,599

what that feels like is

1426
00:48:50,390 --> 00:48:46,960
things happening and that includes sound

1427
00:48:53,990 --> 00:48:50,400
sight hearing smell taste and thoughts

1428
00:48:55,750 --> 00:48:54,000
so thoughts materialize and they're

1429
00:48:57,829 --> 00:48:55,760
they just are what they are so

1430
00:49:00,470 --> 00:48:57,839
everything is just appearing

1431
00:49:01,990 --> 00:49:00,480
but there's no subject and it's not even

1432
00:49:02,470 --> 00:49:02,000
that the idea disappears is that even

1433
00:49:04,390 --> 00:49:02,480
the co

1434
00:49:07,190 --> 00:49:04,400
there's nothing there it's just stuff

1435
00:49:10,790 --> 00:49:07,200
happening and the way that feels is

1436
00:49:12,630 --> 00:49:10,800
infinite okayness infinite freedom

1437
00:49:14,069 --> 00:49:12,640
and no suffering and the reason there's

1438
00:49:16,390 --> 00:49:14,079

no suffering is

1439

00:49:17,910 --> 00:49:16,400

who's the subject of suffering so even

1440

00:49:21,109 --> 00:49:17,920

if a painful sensation

1441

00:49:21,910 --> 00:49:21,119

arises it's just experienced in and of

1442

00:49:24,470 --> 00:49:21,920

itself

1443

00:49:25,990 --> 00:49:24,480

as exactly what was happening in its

1444

00:49:28,630 --> 00:49:26,000

right place

1445

00:49:29,990 --> 00:49:28,640

to no one which again it sounds crazy

1446

00:49:32,470 --> 00:49:30,000

when you try to put it into language

1447

00:49:35,750 --> 00:49:32,480

which by its nature is a dualizing

1448

00:49:37,910 --> 00:49:35,760

subject object construction when you say

1449

00:49:39,589 --> 00:49:37,920

that it feels okay who's it feeling okay

1450

00:49:43,190 --> 00:49:39,599

too why is there no

1451
00:49:45,990 --> 00:49:44,630
you could say it this way and again even

1452
00:49:47,109 --> 00:49:46,000
this is not doing it justice and people

1453
00:49:48,470 --> 00:49:47,119
who've had this experience are going to

1454
00:49:49,510 --> 00:49:48,480
be laughing at me going this asshole's

1455
00:49:51,589 --> 00:49:49,520
trying to explain this

1456
00:49:52,870 --> 00:49:51,599
in words and you can't i understand i

1457
00:49:53,670 --> 00:49:52,880
mean you can think of it you can think

1458
00:49:59,109 --> 00:49:53,680
of it

1459
00:50:03,670 --> 00:49:59,119
this way pain

1460
00:50:05,750 --> 00:50:03,680
is just it's a self-illuminating

1461
00:50:08,470 --> 00:50:05,760
process in other words it's a vibrating

1462
00:50:10,870 --> 00:50:08,480
field of experience that just

1463
00:50:12,069 --> 00:50:10,880

is in and of itself without the need for

1464

00:50:15,190 --> 00:50:12,079

a subject

1465

00:50:17,510 --> 00:50:15,200

so it's truly non-dual meaning not to

1466

00:50:18,710 --> 00:50:17,520

there's no subject and object there's

1467

00:50:21,349 --> 00:50:18,720

just this so

1468

00:50:22,069 --> 00:50:21,359

if we were to just stare at this you

1469

00:50:25,109 --> 00:50:22,079

know

1470

00:50:26,630 --> 00:50:25,119

this object attention in a way the beam

1471

00:50:27,910 --> 00:50:26,640

of attention that feels like it's coming

1472

00:50:31,109 --> 00:50:27,920

from a subject to an

1473

00:50:31,670 --> 00:50:31,119

object that evaporates and the object

1474

00:50:34,950 --> 00:50:31,680

just

1475

00:50:38,630 --> 00:50:34,960

radiates its own being

1476

00:50:40,230 --> 00:50:38,640

in a way that feels more real than

1477

00:50:42,549 --> 00:50:40,240

anything that you

1478

00:50:44,150 --> 00:50:42,559

could experience as an experimenter and

1479

00:50:44,950 --> 00:50:44,160

the thing is to come from that state and

1480

00:50:48,150 --> 00:50:44,960

then try to

1481

00:50:50,630 --> 00:50:48,160

describe it is absolutely not

1482

00:50:51,510 --> 00:50:50,640

possible all you can do is point with

1483

00:50:54,710 --> 00:50:51,520

words

1484

00:50:56,230 --> 00:50:54,720

to evoke that natural state in people

1485

00:50:58,309 --> 00:50:56,240

but even that you have to be really good

1486

00:50:59,670 --> 00:50:58,319

at that like rupert's very good at that

1487

00:51:01,430 --> 00:50:59,680

there are people that can point very

1488

00:51:03,990 --> 00:51:01,440

directly muji on youtube is

1489

00:51:04,470 --> 00:51:04,000

very very good at pointing very directly

1490

00:51:06,309 --> 00:51:04,480

um

1491

00:51:07,750 --> 00:51:06,319

adi ashanti might be good at pointing

1492

00:51:09,109 --> 00:51:07,760

very directly

1493

00:51:11,670 --> 00:51:09,119

and and when you experience it and

1494

00:51:13,109 --> 00:51:11,680

people experience it in flow state oh my

1495

00:51:15,109 --> 00:51:13,119

i disappeared and things were just

1496

00:51:15,589 --> 00:51:15,119

happening it was this just beautiful

1497

00:51:17,430 --> 00:51:15,599

flow

1498

00:51:19,190 --> 00:51:17,440

and all they come back and go i want

1499

00:51:21,190 --> 00:51:19,200

that again because

1500

00:51:22,710 --> 00:51:21,200

when you experience it you have this

1501
00:51:23,190 --> 00:51:22,720
weird intuition and again who is this

1502
00:51:24,870 --> 00:51:23,200
you

1503
00:51:26,710 --> 00:51:24,880
language will fail us there's an

1504
00:51:28,630 --> 00:51:26,720
intuition that this is what

1505
00:51:30,870 --> 00:51:28,640
everybody's been talking about and

1506
00:51:33,349 --> 00:51:30,880
seeking throughout all time

1507
00:51:34,390 --> 00:51:33,359
when we look at any spiritual or wisdom

1508
00:51:37,750 --> 00:51:34,400
pursuit

1509
00:51:39,510 --> 00:51:37,760
and i've only had sort of unstable

1510
00:51:40,870 --> 00:51:39,520
short-term glimpses of this and when

1511
00:51:42,950 --> 00:51:40,880
i've come back i've been like

1512
00:51:44,790 --> 00:51:42,960
oh the ego immediately reasserts itself

1513
00:51:46,069 --> 00:51:44,800

and goes oh i'm the guy that had that

1514

00:51:47,589 --> 00:51:46,079

experience that was dope

1515

00:51:48,630 --> 00:51:47,599

i'm gonna tell stories about it right

1516

00:51:50,230 --> 00:51:48,640

it's really interesting but in the

1517

00:51:53,349 --> 00:51:50,240

moment you're just like

1518

00:51:56,790 --> 00:51:53,359

it's just pure wonder

1519

00:51:57,990 --> 00:51:56,800

personless just oh and

1520

00:51:59,670 --> 00:51:58,000

then you come back and the mind comes

1521

00:52:00,230 --> 00:51:59,680

and tells a story about it because it

1522

00:52:02,069 --> 00:52:00,240

has to

1523

00:52:03,589 --> 00:52:02,079

there's nothing else it can do he has no

1524

00:52:05,349 --> 00:52:03,599

words for it you made

1525

00:52:07,750 --> 00:52:05,359

an argument as to why we shouldn't

1526
00:52:09,430 --> 00:52:07,760
experience pain when we're in that state

1527
00:52:11,270 --> 00:52:09,440
you use the word vibration i don't

1528
00:52:13,670 --> 00:52:11,280
recall what the exact

1529
00:52:15,589 --> 00:52:13,680
statement was but why can't we not use

1530
00:52:17,430 --> 00:52:15,599
that same argument to say that

1531
00:52:18,950 --> 00:52:17,440
even the feeling of bliss when you're in

1532
00:52:22,309 --> 00:52:18,960
that state is an illusion

1533
00:52:25,270 --> 00:52:22,319
and there's no bliss either so i

1534
00:52:25,990 --> 00:52:25,280
i would put it this way all that is in

1535
00:52:28,470 --> 00:52:26,000
that state

1536
00:52:30,390 --> 00:52:28,480
is what is so the raw experience the

1537
00:52:31,349 --> 00:52:30,400
unfiltered reality of what's happening

1538
00:52:33,109 --> 00:52:31,359

at that moment

1539

00:52:35,190 --> 00:52:33,119

and whether it's a sensory experience

1540

00:52:37,430 --> 00:52:35,200

like the sensation of pain

1541

00:52:39,589 --> 00:52:37,440

we call it pain because we apply this

1542

00:52:41,829 --> 00:52:39,599

conceptual label to that experience

1543

00:52:43,270 --> 00:52:41,839

we say pain which has a charge of

1544

00:52:46,549 --> 00:52:43,280

valence of negative

1545

00:52:48,150 --> 00:52:46,559

and then a response of avoidance or

1546

00:52:49,990 --> 00:52:48,160

projecting a thought into the future

1547

00:52:52,069 --> 00:52:50,000

when will this pain go away

1548

00:52:55,349 --> 00:52:52,079

or a memory oh this feels like that time

1549

00:52:58,710 --> 00:52:55,359

i had you know appendicitis or whatever

1550

00:53:02,069 --> 00:52:58,720

without all that overlay it's just

1551

00:53:04,470 --> 00:53:02,079

this sensation happening in

1552

00:53:06,150 --> 00:53:04,480

now to no one and that's the other thing

1553

00:53:08,150 --> 00:53:06,160

is time

1554

00:53:09,750 --> 00:53:08,160

is not even if there's no

1555

00:53:12,069 --> 00:53:09,760

conceptualization of time

1556

00:53:13,109 --> 00:53:12,079

so it's just all happening as a kind of

1557

00:53:14,710 --> 00:53:13,119

a wave

1558

00:53:16,710 --> 00:53:14,720

right now now that can sound

1559

00:53:18,470 --> 00:53:16,720

disconcerting and actually anyone who's

1560

00:53:20,549 --> 00:53:18,480

done psychedelics at any point

1561

00:53:22,549 --> 00:53:20,559

may have had experiences like this and

1562

00:53:23,589 --> 00:53:22,559

then come back to sobriety and said oh

1563

00:53:26,710 --> 00:53:23,599

man i was just

1564

00:53:27,510 --> 00:53:26,720

tripping balls but what you may have

1565

00:53:31,750 --> 00:53:27,520

touched into

1566

00:53:34,390 --> 00:53:31,760

is the timeless nature of raw experience

1567

00:53:35,030 --> 00:53:34,400

without the conceptual overlay and what

1568

00:53:37,750 --> 00:53:35,040

that

1569

00:53:39,589 --> 00:53:37,760

feels like to a mind when it comes back

1570

00:53:41,670 --> 00:53:39,599

is oh i was tripping balls

1571

00:53:43,030 --> 00:53:41,680

right but in reality it's really one of

1572

00:53:44,870 --> 00:53:43,040

the most natural

1573

00:53:46,950 --> 00:53:44,880

it's probably the natural state prior to

1574

00:53:48,950 --> 00:53:46,960

mind imposing itself

1575

00:53:50,630 --> 00:53:48,960

in in my opinion because i can only

1576

00:53:52,870 --> 00:53:50,640

speaking from my own experience

1577

00:53:54,549 --> 00:53:52,880

well you can't speak for your own

1578

00:53:55,670 --> 00:53:54,559

experience if there's no you

1579

00:53:57,750 --> 00:53:55,680

so when you say that that's just a

1580

00:53:58,230 --> 00:53:57,760

linguistic device it's a linguistic

1581

00:54:00,390 --> 00:53:58,240

device

1582

00:54:02,309 --> 00:54:00,400

exactly and by the way kurt so people

1583

00:54:04,230 --> 00:54:02,319

the the non-dual people do these

1584

00:54:05,750 --> 00:54:04,240

linguistic gymnastics around trying to

1585

00:54:06,230 --> 00:54:05,760

not use the word eye and all that that's

1586

00:54:09,589 --> 00:54:06,240

dumb

1587

00:54:12,470 --> 00:54:09,599

i think language is designed for

1588

00:54:14,150 --> 00:54:12,480

a wee space right so you have to use

1589

00:54:15,990 --> 00:54:14,160

language to try to describe something

1590

00:54:18,230 --> 00:54:16,000

undescribable and all you can do is

1591

00:54:19,030 --> 00:54:18,240

point in the direction only you can kind

1592

00:54:21,990 --> 00:54:19,040

of

1593

00:54:22,309 --> 00:54:22,000

have the experience the and by you even

1594

00:54:24,309 --> 00:54:22,319

that

1595

00:54:28,150 --> 00:54:24,319

right you see where the language fails

1596

00:54:32,630 --> 00:54:30,630

are you of the belief that what lies at

1597

00:54:35,270 --> 00:54:32,640

the immaterial fundamental level is

1598

00:54:37,910 --> 00:54:35,280

something like a non-dual

1599

00:54:40,950 --> 00:54:37,920

vellum just this one sheet and it's

1600

00:54:45,990 --> 00:54:44,069

it's so hard to make metaphysical

1601
00:54:47,349 --> 00:54:46,000
onological claims about the nature of

1602
00:54:50,390 --> 00:54:47,359
reality

1603
00:54:51,910 --> 00:54:50,400
without invoking belief because

1604
00:54:54,390 --> 00:54:51,920
you said it their belief is it your

1605
00:54:56,150 --> 00:54:54,400
belief and belief is another thought

1606
00:55:00,069 --> 00:54:56,160
it's another conceptual label on

1607
00:55:02,309 --> 00:55:00,079
experience i would say this

1608
00:55:03,670 --> 00:55:02,319
i've been un so from an intellectual

1609
00:55:06,150 --> 00:55:03,680
side i've been uncompelled by the

1610
00:55:07,990 --> 00:55:06,160
materialist paradigm

1611
00:55:09,670 --> 00:55:08,000
yeah that that and feel free to

1612
00:55:11,109 --> 00:55:09,680
interrupt me yeah i was going to say you

1613
00:55:12,309 --> 00:55:11,119

mentioned that belief is a conceptual

1614

00:55:13,510 --> 00:55:12,319

thought i don't buy that

1615

00:55:15,109 --> 00:55:13,520

i don't think that that's the case i

1616

00:55:16,390 --> 00:55:15,119

think that we think it is and i think

1617

00:55:20,710 --> 00:55:16,400

that's part of the problem

1618

00:55:25,030 --> 00:55:20,720

because for example if you say i believe

1619

00:55:27,270 --> 00:55:25,040

that i'm in a i believe the stove is

1620

00:55:28,390 --> 00:55:27,280

is not hot but then you say well put

1621

00:55:29,829 --> 00:55:28,400

your hand on it then

1622

00:55:31,109 --> 00:55:29,839

it's red and then you're like no no i'm

1623

00:55:32,150 --> 00:55:31,119

not going to i would say you believe

1624

00:55:34,230 --> 00:55:32,160

with your body

1625

00:55:35,910 --> 00:55:34,240

your actions belie your beliefs so what

1626
00:55:36,230 --> 00:55:35,920
you say with your mouth doesn't match

1627
00:55:37,510 --> 00:55:36,240
what

1628
00:55:39,270 --> 00:55:37,520
doesn't match your actions and your

1629
00:55:41,670 --> 00:55:39,280
actions are your true test of belief

1630
00:55:42,630 --> 00:55:41,680
and if it's embodied then your beliefs

1631
00:55:47,430 --> 00:55:42,640
aren't simply con

1632
00:55:53,589 --> 00:55:52,069
so the unconscious response of the body

1633
00:55:55,190 --> 00:55:53,599
and remember i actually wonder whether

1634
00:55:56,470 --> 00:55:55,200
the body itself is not

1635
00:55:58,870 --> 00:55:56,480
just part of a continuum of

1636
00:56:02,230 --> 00:55:58,880
consciousness with its own

1637
00:56:03,270 --> 00:56:02,240
belief conditioning and maybe you may be

1638
00:56:05,670 --> 00:56:03,280

right that it's not a

1639

00:56:06,549 --> 00:56:05,680

thought-based conceptual thing as much

1640

00:56:08,950 --> 00:56:06,559

as it is an

1641

00:56:11,030 --> 00:56:08,960

overlay on experience because let's

1642

00:56:12,630 --> 00:56:11,040

think of it this way

1643

00:56:14,390 --> 00:56:12,640

i don't believe okay let's take the

1644

00:56:15,430 --> 00:56:14,400

belief out of it putting my hand on that

1645

00:56:18,470 --> 00:56:15,440

hot stove

1646

00:56:21,670 --> 00:56:18,480

right i'm going to do it now right

1647

00:56:22,789 --> 00:56:21,680

okay my belief from conditioning from

1648

00:56:25,109 --> 00:56:22,799

experience

1649

00:56:27,030 --> 00:56:25,119

and from what what the body is

1650

00:56:29,109 --> 00:56:27,040

autonomically telling me that's been

1651
00:56:31,829 --> 00:56:29,119
conditioned into my unconscious

1652
00:56:32,789 --> 00:56:31,839
for into my reflex patterns right is

1653
00:56:35,589 --> 00:56:32,799
this is bad

1654
00:56:37,990 --> 00:56:35,599
this hurts must stop not good okay

1655
00:56:39,510 --> 00:56:38,000
there's the belief component of it

1656
00:56:41,270 --> 00:56:39,520
in a in a if i didn't have those

1657
00:56:44,630 --> 00:56:41,280
reflexes

1658
00:56:47,750 --> 00:56:44,640
and i'm experiencing unfiltered reality

1659
00:56:50,470 --> 00:56:47,760
i would just experience the

1660
00:56:51,430 --> 00:56:50,480
vibrating temperature field of that

1661
00:56:53,510 --> 00:56:51,440
experience

1662
00:56:54,789 --> 00:56:53,520
which the mind would then say this is

1663
00:56:55,670 --> 00:56:54,799

terrible you need to stop now you're

1664

00:56:57,109 --> 00:56:55,680

dying and

1665

00:56:58,549 --> 00:56:57,119

you would then smell the burning flesh

1666

00:56:59,190 --> 00:56:58,559

which would be a pure sensory experience

1667

00:57:00,870 --> 00:56:59,200

so

1668

00:57:03,190 --> 00:57:00,880

in other words there's a

1669

00:57:06,390 --> 00:57:03,200

conceptualization that the mind does

1670

00:57:09,030 --> 00:57:06,400

to raw data from from the sense field

1671

00:57:10,150 --> 00:57:09,040

that's necessary and it's so fundamental

1672

00:57:12,870 --> 00:57:10,160

to us being human

1673

00:57:14,309 --> 00:57:12,880

that that you're you're saying well i

1674

00:57:15,510 --> 00:57:14,319

think it's more fundamental than that is

1675

00:57:17,109 --> 00:57:15,520

not wrong

1676

00:57:19,109 --> 00:57:17,119

i just think there's one level even

1677

00:57:20,789 --> 00:57:19,119

beyond more fundamental than that and

1678

00:57:23,270 --> 00:57:20,799

that's just the raw

1679

00:57:24,230 --> 00:57:23,280

unfiltered reality that that just is and

1680

00:57:26,309 --> 00:57:24,240

we couldn't function

1681

00:57:27,750 --> 00:57:26,319

i think just experiencing unfiltered

1682

00:57:28,950 --> 00:57:27,760

reality like that all the time we

1683

00:57:29,430 --> 00:57:28,960

wouldn't be able to get across the

1684

00:57:31,190 --> 00:57:29,440

street

1685

00:57:38,309 --> 00:57:31,200

which is why i think these structures of

1686

00:57:41,510 --> 00:57:40,230

i understand that one can get to a place

1687

00:57:45,829 --> 00:57:41,520

where one

1688

00:57:51,829 --> 00:57:48,950

there is no pain and but

1689

00:57:53,430 --> 00:57:51,839

to me that's a different claim than

1690

00:57:55,190 --> 00:57:53,440

saying that there is no pain

1691

00:57:56,470 --> 00:57:55,200

that's the claim that i get i've gotten

1692

00:57:58,069 --> 00:57:56,480

to a place where i experience

1693

00:58:00,309 --> 00:57:58,079

no pain where traditionally pain would

1694

00:58:01,670 --> 00:58:00,319

be felt like these buddhist monks who

1695

00:58:05,190 --> 00:58:01,680

can light themselves

1696

00:58:06,150 --> 00:58:05,200

on fire that's that to me seems like

1697

00:58:07,030 --> 00:58:06,160

well what i'm about to say is

1698

00:58:08,710 --> 00:58:07,040

contradictory but

1699

00:58:10,390 --> 00:58:08,720

that to me seems like an adaptive

1700

00:58:13,829 --> 00:58:10,400

strategy rather than an

1701

00:58:15,990 --> 00:58:13,839

ontological claim like one can

1702

00:58:18,470 --> 00:58:16,000

it's like a tool meditation may even be

1703

00:58:20,549 --> 00:58:18,480

a tool rather than

1704

00:58:22,069 --> 00:58:20,559

and we're mixing up the tool with a

1705

00:58:23,270 --> 00:58:22,079

claim about reality i don't know i'm

1706

00:58:25,510 --> 00:58:23,280

just saying that

1707

00:58:34,829 --> 00:58:25,520

i'm unconvinced in each direction now

1708

00:58:34,839 --> 00:58:38,390

when

1709

00:58:43,750 --> 00:58:41,990

given that the mind is self-deceptive

1710

00:58:45,589 --> 00:58:43,760

and we know this and experience is

1711

00:58:47,109 --> 00:58:45,599

fallible or at least the inferences

1712

00:58:50,150 --> 00:58:47,119

drawn from experiences

1713

00:58:51,589 --> 00:58:50,160

are fallible then why would one make the

1714

00:58:52,950 --> 00:58:51,599

claim that just because i can get to a

1715

00:58:53,510 --> 00:58:52,960

state where i feel like the self is an

1716

00:58:57,510 --> 00:58:53,520

illusion

1717

00:58:57,910 --> 00:58:57,520

the self seems to be the most pernicious

1718

00:59:02,710 --> 00:58:57,920

and

1719

00:59:06,309 --> 00:59:02,720

we've dispensed with it how do you know

1720

00:59:07,750 --> 00:59:06,319

that that's itself is not an illusion

1721

00:59:10,069 --> 00:59:07,760

right so this gets to the question of

1722

00:59:11,510 --> 00:59:10,079

like where how deep do you have to go

1723

00:59:12,710 --> 00:59:11,520

before you can convince yourself that

1724

00:59:15,829 --> 00:59:12,720

something

1725

00:59:16,870 --> 00:59:15,839

isn't illusory and i think

1726

00:59:18,870 --> 00:59:16,880

neuroscientists

1727

00:59:20,390 --> 00:59:18,880

i think could say well there's no seat

1728

00:59:23,750 --> 00:59:20,400

of the self even

1729

00:59:26,470 --> 00:59:23,760

neuro neurophysiologically there's no

1730

00:59:27,349 --> 00:59:26,480

little homunculus in the mind where it's

1731

00:59:29,109 --> 00:59:27,359

it's the

1732

00:59:30,150 --> 00:59:29,119

thing that's the point where you know

1733

00:59:31,750 --> 00:59:30,160

you're sitting behind your mind you can

1734

00:59:32,470 --> 00:59:31,760

look at default mode network and go okay

1735

00:59:35,430 --> 00:59:32,480

a lot of our

1736

00:59:38,309 --> 00:59:35,440

our discursive thought about self our

1737

00:59:39,990 --> 00:59:38,319

ideas of self and our inward ruminations

1738

00:59:41,829 --> 00:59:40,000

uh kind of originate in the default mode

1739

00:59:42,789 --> 00:59:41,839

network which itself is not a point it's

1740

00:59:44,950 --> 00:59:42,799

a diffuse

1741

00:59:47,109 --> 00:59:44,960

kind of body of things and there are

1742

00:59:49,829 --> 00:59:47,119

aspects of that even

1743

00:59:50,950 --> 00:59:49,839

i actually think that and again it so

1744

00:59:52,309 --> 00:59:50,960

some of this comes from

1745

00:59:54,390 --> 00:59:52,319

experiencing these states and the

1746

00:59:55,670 --> 00:59:54,400

question is how what what truth can you

1747

00:59:57,349 --> 00:59:55,680

pull out of that

1748

00:59:58,950 --> 00:59:57,359

and when you talk about even meditation

1749

00:59:59,589 --> 00:59:58,960

as a tool like you're lighting yourself

1750

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

on fire

1751

01:00:02,789 --> 01:00:01,280

i think there is a component of you can

1752

01:00:04,309 --> 01:00:02,799

there are meditative practices and

1753

01:00:05,030 --> 01:00:04,319

genres and things like that where you

1754

01:00:07,589 --> 01:00:05,040

can

1755

01:00:09,589 --> 01:00:07,599

actually you get very good at ignoring

1756

01:00:10,630 --> 01:00:09,599

sensory stimulation to where it doesn't

1757

01:00:12,710 --> 01:00:10,640

distract you

1758

01:00:15,109 --> 01:00:12,720

and that's very different than allowing

1759

01:00:17,349 --> 01:00:15,119

yourself to experience the raw

1760

01:00:18,470 --> 01:00:17,359

experience of being on fire and doing

1761

01:00:20,150 --> 01:00:18,480

nothing about it

1762

01:00:21,589 --> 01:00:20,160

so again without having gone through

1763

01:00:23,030 --> 01:00:21,599

that it's very hard to investigate

1764

01:00:24,789 --> 01:00:23,040

because the way you would have to

1765

01:00:26,870 --> 01:00:24,799

there's no way to investigate these

1766

01:00:29,510 --> 01:00:26,880

easily without doing it

1767

01:00:30,630 --> 01:00:29,520

introspectively because it refers to

1768

01:00:32,390 --> 01:00:30,640

interstates

1769

01:00:34,470 --> 01:00:32,400

but then how much can you extrapolate

1770

01:00:35,990 --> 01:00:34,480

out and i think harris struggles with

1771

01:00:37,190 --> 01:00:36,000

this so he'll always put the disclaimer

1772

01:00:38,309 --> 01:00:37,200

well you know i'm making no claims about

1773

01:00:38,789 --> 01:00:38,319

the nature of the universe i'm just

1774

01:00:40,789 --> 01:00:38,799

saying this

1775

01:00:41,990 --> 01:00:40,799

whereas deepak chopra takes the opposite

1776

01:00:44,230 --> 01:00:42,000

tact and says well

1777

01:00:46,309 --> 01:00:44,240

because i've experienced this in

1778

01:00:46,950 --> 01:00:46,319

meditation it must be true of the whole

1779

01:00:50,309 --> 01:00:46,960

universe

1780

01:00:51,990 --> 01:00:50,319

right and i think both of those are very

1781

01:00:53,750 --> 01:00:52,000

extreme statements i think what you have

1782

01:00:55,589 --> 01:00:53,760

to do is you have to kind of

1783

01:00:57,589 --> 01:00:55,599

again approach it scientifically and say

1784

01:00:58,710 --> 01:00:57,599

okay so what what would a materialist

1785

01:01:01,670 --> 01:00:58,720

paradigm say about

1786

01:01:02,230 --> 01:01:01,680

the nature of self is the self a real

1787

01:01:03,670 --> 01:01:02,240

thing

1788

01:01:05,750 --> 01:01:03,680

well i think even materialists will say

1789

01:01:08,390 --> 01:01:05,760

well no it's probably a construction

1790

01:01:10,069 --> 01:01:08,400

that's made by neurochemical processes

1791

01:01:13,829 --> 01:01:10,079

in the brain that themselves are not

1792

01:01:16,470 --> 01:01:13,839

conscious so how is that any more real

1793

01:01:18,549 --> 01:01:16,480

than saying yeah the self is actually a

1794

01:01:20,710 --> 01:01:18,559

mind construct made up of thought

1795

01:01:21,910 --> 01:01:20,720

belief and it's a very tight web of

1796

01:01:22,710 --> 01:01:21,920

thought going to thought going to

1797

01:01:24,230 --> 01:01:22,720

thought

1798

01:01:26,230 --> 01:01:24,240

that's conditioned from birth that's all

1799

01:01:26,789 --> 01:01:26,240

made of consciousness and it can be seen

1800

01:01:30,230 --> 01:01:26,799

through

1801
01:01:30,710 --> 01:01:30,240
it can actually relax it never goes away

1802
01:01:33,829 --> 01:01:30,720
really

1803
01:01:37,589 --> 01:01:33,839
it can relax and get out of the way of

1804
01:01:39,829 --> 01:01:37,599
raw experience i'm not sure there's a

1805
01:01:42,309 --> 01:01:39,839
big distinction there i i

1806
01:01:43,910 --> 01:01:42,319
which is why i'm increasingly convinced

1807
01:01:48,710 --> 01:01:43,920
that

1808
01:01:52,230 --> 01:01:48,720
say spiritual awakening

1809
01:01:55,510 --> 01:01:52,240
really a big piece of that i think

1810
01:01:59,349 --> 01:01:55,520
is the dropping away off the

1811
01:02:02,150 --> 01:01:59,359
false sense that i am this

1812
01:02:03,190 --> 01:02:02,160
to go to the next level of i am this

1813
01:02:06,069 --> 01:02:03,200

which is

1814

01:02:08,470 --> 01:02:06,079

consciousness itself and then even that

1815

01:02:13,589 --> 01:02:08,480

collapses into

1816

01:02:16,950 --> 01:02:13,599

what i am nothing just this

1817

01:02:19,829 --> 01:02:16,960

so just this happening

1818

01:02:21,430 --> 01:02:19,839

and it you this is where you can't even

1819

01:02:25,670 --> 01:02:21,440

open your mouth about it

1820

01:02:27,670 --> 01:02:25,680

because there's no you to

1821

01:02:29,190 --> 01:02:27,680

and i think that look look kurt like if

1822

01:02:30,470 --> 01:02:29,200

this were easy to talk about

1823

01:02:32,390 --> 01:02:30,480

it'd be one of those things we'd all be

1824

01:02:33,829 --> 01:02:32,400

pretty awake because we just in school

1825

01:02:34,549 --> 01:02:33,839

we'd be like okay so here's the thing

1826

01:02:36,870 --> 01:02:34,559

all right

1827

01:02:38,870 --> 01:02:36,880

do these three things yourself drops

1828

01:02:42,710 --> 01:02:38,880

away you see truth as it is

1829

01:02:45,349 --> 01:02:42,720

if only yeah yeah okay i'm unsure

1830

01:02:47,109 --> 01:02:45,359

i know that there's the claim of of what

1831

01:02:48,309 --> 01:02:47,119

one cannot speak of specifically one

1832

01:02:50,630 --> 01:02:48,319

must be silent

1833

01:02:51,349 --> 01:02:50,640

that's wittgenstein and it's also true

1834

01:02:55,029 --> 01:02:51,359

that

1835

01:02:57,430 --> 01:02:55,039

is not

1836

01:02:58,549 --> 01:02:57,440

sophisticated enough so for example go

1837

01:03:00,069 --> 01:02:58,559

back

1838

01:03:01,589 --> 01:03:00,079

ten thousand years well that's not

1839

01:03:02,870 --> 01:03:01,599

enough for grunts but let's go back to

1840

01:03:05,510 --> 01:03:02,880

caveman

1841

01:03:06,470 --> 01:03:05,520

era when they're grunts obviously they

1842

01:03:09,750 --> 01:03:06,480

lacked a level of

1843

01:03:10,870 --> 01:03:09,760

language that would

1844

01:03:15,510 --> 01:03:10,880

allow them to understand what a

1845

01:03:19,029 --> 01:03:17,670

or what any sufficiently comp almost

1846

01:03:20,549 --> 01:03:19,039

anything in this place they wouldn't be

1847

01:03:21,990 --> 01:03:20,559

able to understand it in the same way we

1848

01:03:23,510 --> 01:03:22,000

do because they don't have the language

1849

01:03:24,630 --> 01:03:23,520

for it so there's a relationship between

1850

01:03:26,630 --> 01:03:24,640

language and thought

1851

01:03:27,829 --> 01:03:26,640

and when people say that uh that well we

1852

01:03:29,190 --> 01:03:27,839

can't speak of it i

1853

01:03:30,630 --> 01:03:29,200

i say we can't speak of it now i'm not

1854

01:03:32,390 --> 01:03:30,640

saying that i don't think that

1855

01:03:34,069 --> 01:03:32,400

necessarily i don't see the reason why

1856

01:03:36,069 --> 01:03:34,079

language would necessarily

1857

01:03:37,829 --> 01:03:36,079

be incapable of expressing the thought

1858

01:03:40,630 --> 01:03:37,839

of

1859

01:03:42,549 --> 01:03:40,640

the thoughts that one gets to in these

1860

01:03:44,069 --> 01:03:42,559

meditative spaces

1861

01:03:46,150 --> 01:03:44,079

either way it doesn't matter that that

1862

01:03:47,670 --> 01:03:46,160

doesn't matter okay actually

1863

01:03:49,190 --> 01:03:47,680

i think i think that's an important

1864

01:03:51,589 --> 01:03:49,200

point that you bring up

1865

01:03:52,230 --> 01:03:51,599

because everything that you just talked

1866

01:03:55,829 --> 01:03:52,240

about

1867

01:03:57,109 --> 01:03:55,839

is coming at this state from a position

1868

01:03:58,870 --> 01:03:57,119

of mind

1869

01:04:00,549 --> 01:03:58,880

so in other words from the position of

1870

01:04:02,710 --> 01:04:00,559

the the

1871

01:04:03,750 --> 01:04:02,720

the linguistic mind which as you say is

1872

01:04:07,109 --> 01:04:03,760

this is important

1873

01:04:09,430 --> 01:04:07,119

cognition and language are not to

1874

01:04:11,109 --> 01:04:09,440

talk about non-dual they're directly

1875

01:04:12,549 --> 01:04:11,119

related in your documentary i think you

1876

01:04:14,069 --> 01:04:12,559

interviewed a dude

1877

01:04:15,589 --> 01:04:14,079

who was talking about that actually

1878

01:04:17,910 --> 01:04:15,599

quite directly uh

1879

01:04:18,870 --> 01:04:17,920

i'm forgetting his name now but this

1880

01:04:22,549 --> 01:04:18,880

idea that

1881

01:04:24,390 --> 01:04:22,559

so this is what i propose to you kurt um

1882

01:04:26,390 --> 01:04:24,400

you may be right like i can't disprove

1883

01:04:28,789 --> 01:04:26,400

what you're saying but i can

1884

01:04:30,390 --> 01:04:28,799

only say this from the experience of

1885

01:04:33,349 --> 01:04:30,400

that state

1886

01:04:34,230 --> 01:04:33,359

i can say pretty firmly coming back and

1887

01:04:37,990 --> 01:04:34,240

then using language

1888

01:04:41,190 --> 01:04:38,000

i said i i i it's not a

1889

01:04:43,029 --> 01:04:41,200

words thing uh and and the only way you

1890

01:04:45,029 --> 01:04:43,039

will be able to understand that argument

1891

01:04:47,750 --> 01:04:45,039

is by experiencing the state which again

1892

01:04:49,750 --> 01:04:47,760

is it's actually not difficult to get to

1893

01:04:51,270 --> 01:04:49,760

but you have to be pointed in a way

1894

01:04:54,230 --> 01:04:51,280

and open in a way and you have to almost

1895

01:04:56,309 --> 01:04:54,240

surrender the resistance of

1896

01:04:57,750 --> 01:04:56,319

all our conditioning which that's what

1897

01:04:59,430 --> 01:04:57,760

makes it hard and

1898

01:05:01,510 --> 01:04:59,440

i struggle with it i struggle and and

1899

01:05:04,150 --> 01:05:01,520

the problem is when you come back

1900

01:05:07,190 --> 01:05:04,160

to the standard mind state from that

1901

01:05:10,230 --> 01:05:07,200

more open surrendered

1902

01:05:11,109 --> 01:05:10,240

your mind starts to tell stories

1903

01:05:13,589 --> 01:05:11,119

immediately

1904

01:05:14,789 --> 01:05:13,599

about how you're not worthy to ever get

1905

01:05:17,430 --> 01:05:14,799

that back

1906

01:05:18,710 --> 01:05:17,440

so i completely understand at some point

1907

01:05:21,029 --> 01:05:18,720

if you just read the dictionary

1908

01:05:22,549 --> 01:05:21,039

only refers to other words so in a sense

1909

01:05:25,589 --> 01:05:22,559

almost every concept

1910

01:05:27,270 --> 01:05:25,599

needs what's extra linguistic because

1911

01:05:27,670 --> 01:05:27,280

you can't talk about what's bumpy let's

1912

01:05:29,349 --> 01:05:27,680

say

1913

01:05:31,270 --> 01:05:29,359

by reading the dictionary you have to

1914

01:05:34,549 --> 01:05:31,280

point to what's bumpy experience it

1915

01:05:37,109 --> 01:05:34,559

attach the label of bumpiness

1916

01:05:38,230 --> 01:05:37,119

so maybe because this these states are

1917

01:05:41,190 --> 01:05:38,240

so rare for

1918

01:05:41,430 --> 01:05:41,200

the majority of people attaching a name

1919

01:05:44,230 --> 01:05:41,440

is

1920

01:05:45,510 --> 01:05:44,240

extremely difficult if not impossible i

1921

01:05:48,069 --> 01:05:45,520

don't know if it's impossible

1922

01:05:49,029 --> 01:05:48,079

but i understand that it's difficult you

1923

01:05:50,630 --> 01:05:49,039

know what's interesting

1924

01:05:51,829 --> 01:05:50,640

in your again in your documentary going

1925

01:05:53,910 --> 01:05:51,839

back to this because i think because

1926

01:05:57,589 --> 01:05:53,920

let's see this is important

1927

01:05:59,670 --> 01:05:57,599

how do we we started off talking about

1928

01:06:01,829 --> 01:05:59,680

how are we going to how's the world

1929

01:06:04,789 --> 01:06:01,839

going to emerge better

1930

01:06:06,230 --> 01:06:04,799

systems if we don't actually understand

1931

01:06:08,630 --> 01:06:06,240

ourselves well

1932

01:06:10,470 --> 01:06:08,640

you know your theories of everything are

1933

01:06:12,230 --> 01:06:10,480

crucial but they have to include

1934

01:06:14,630 --> 01:06:12,240

the internal universe of human

1935

01:06:17,829 --> 01:06:14,640

experience i think that's my opinion

1936

01:06:19,670 --> 01:06:17,839

and and the question is how do we

1937

01:06:21,670 --> 01:06:19,680

develop ways to point to

1938

01:06:22,789 --> 01:06:21,680

these truths from people who've had

1939

01:06:25,029 --> 01:06:22,799

those

1940

01:06:26,390 --> 01:06:25,039

are operating from that position so

1941

01:06:26,950 --> 01:06:26,400

they're operating from that present

1942

01:06:29,750 --> 01:06:26,960

moment

1943

01:06:30,789 --> 01:06:29,760

sort of experience and i've met a couple

1944

01:06:33,990 --> 01:06:30,799

people who are

1945

01:06:37,510 --> 01:06:34,000

who do that and just talking to them can

1946

01:06:38,870 --> 01:06:37,520

evoke the state and

1947

01:06:41,190 --> 01:06:38,880

and i interviewed one of them angelo

1948

01:06:43,510 --> 01:06:41,200

delulo who's an anesthesiologist

1949

01:06:45,349 --> 01:06:43,520

he had an awakening in 97 since then

1950

01:06:49,109 --> 01:06:45,359

he's further 97

1951

01:06:51,029 --> 01:06:49,119

97 so he's my age he's 48

1952

01:06:52,870 --> 01:06:51,039

this is crazy talk about jealousy dude

1953

01:06:55,829 --> 01:06:52,880

talk about jealousy i was like

1954

01:06:57,109 --> 01:06:55,839

screw you buddy so the re but the reason

1955

01:07:00,230 --> 01:06:57,119

he had an awakening is he

1956

01:07:02,870 --> 01:07:00,240

suffered he was suffering so much

1957

01:07:05,589 --> 01:07:02,880

internally with all the just angst and

1958

01:07:08,950 --> 01:07:05,599

existential drugs 97 he was suffering

1959

01:07:12,150 --> 01:07:08,960

in in 1997. oh 1997.

1960

01:07:14,150 --> 01:07:12,160

not at the age of 97. sorry no no he's

1961

01:07:16,470 --> 01:07:14,160

he's my age but it was back in 97

1962

01:07:19,109 --> 01:07:16,480

and he never he had this experience

1963

01:07:22,470 --> 01:07:19,119

where the self-dissolved he was

1964

01:07:25,750 --> 01:07:22,480

pure emptiness like the substratum that

1965

01:07:27,270 --> 01:07:25,760

the universe appears from from nothing

1966

01:07:29,029 --> 01:07:27,280

uh the idea of buddhist emptiness

1967

01:07:30,870 --> 01:07:29,039

doesn't even even kind of touch what he

1968

01:07:33,670 --> 01:07:30,880

had experienced he told me and

1969

01:07:34,870 --> 01:07:33,680

this this then he never spoke of to

1970

01:07:35,750 --> 01:07:34,880

anyone because he found he couldn't say

1971

01:07:39,029 --> 01:07:35,760

a word about it

1972

01:07:40,549 --> 01:07:39,039

and it took him 20 years of further work

1973

01:07:42,069 --> 01:07:40,559

including going through medical school

1974

01:07:43,589 --> 01:07:42,079

becoming an anesthesiologist

1975

01:07:45,829 --> 01:07:43,599

like experiencing everything in the

1976

01:07:48,309 --> 01:07:45,839

human condition reasserting his

1977

01:07:50,150 --> 01:07:48,319

suffering and everything to be able to

1978

01:07:52,710 --> 01:07:50,160

better understand how to point to it and

1979

01:07:54,870 --> 01:07:52,720

even then he said it's really really

1980

01:07:57,829 --> 01:07:54,880

difficult but just being around

1981

01:07:59,349 --> 01:07:57,839

him can invoke those states at least it

1982

01:08:00,789 --> 01:07:59,359

does in many people who've talked to him

1983

01:08:02,390 --> 01:08:00,799

including myself because i had him in my

1984

01:08:03,829 --> 01:08:02,400

studio for two days straight

1985

01:08:05,430 --> 01:08:03,839

and i tell you i was walking around like

1986

01:08:07,349 --> 01:08:05,440

i was on lsd

1987

01:08:09,109 --> 01:08:07,359

for a good three days afterwards and

1988

01:08:11,750 --> 01:08:09,119

even my family was like

1989

01:08:13,990 --> 01:08:11,760

wow you're a different person it's

1990

01:08:16,950 --> 01:08:14,000

really a

1991

01:08:18,070 --> 01:08:16,960

it's a real thing and so how how would

1992

01:08:19,910 --> 01:08:18,080

we begin to use

1993

01:08:21,269 --> 01:08:19,920

language or the tools that we have to

1994

01:08:23,269 --> 01:08:21,279

try to

1995

01:08:24,550 --> 01:08:23,279

emerge that and i don't have the answers

1996

01:08:25,349 --> 01:08:24,560

for that but i think it's something we

1997

01:08:28,390 --> 01:08:25,359

ought to be

1998

01:08:29,669 --> 01:08:28,400

looking into with your cup it says

1999

01:08:30,709 --> 01:08:29,679

science the heck out of this or

2000

01:08:31,669 --> 01:08:30,719

something like that do you mind showing

2001

01:08:34,709 --> 01:08:31,679

it to the camera

2002

01:08:36,870 --> 01:08:34,719

sure it's uh science the crap out of it

2003

01:08:39,189 --> 01:08:36,880

right right right okay do you believe

2004

01:08:41,030 --> 01:08:39,199

that the reason why i say that

2005

01:08:42,709 --> 01:08:41,040

is because what you've just described

2006

01:08:44,789 --> 01:08:42,719

has almost nothing to do with science in

2007

01:08:46,870 --> 01:08:44,799

fact it seems anti-science to go

2008

01:08:48,470 --> 01:08:46,880

to one's experience the subjective

2009

01:08:51,349 --> 01:08:48,480

rather than the objective

2010

01:08:52,470 --> 01:08:51,359

so so what's the deal with that cup and

2011

01:08:54,390 --> 01:08:52,480

how can

2012

01:08:56,789 --> 01:08:54,400

do you when was that cup made was that

2013

01:08:59,829 --> 01:08:56,799

before this

2014

01:09:03,510 --> 01:08:59,839

three-day spa with this person nope

2015

01:09:08,789 --> 01:09:03,520

it's yes and science is absolutely

2016

01:09:12,149 --> 01:09:08,799

the study of the external third person

2017

01:09:15,749 --> 01:09:12,159

or internal singular physical physical

2018

01:09:17,510 --> 01:09:15,759

icon world and again to put it in

2019

01:09:20,870 --> 01:09:17,520

in buddhist language the causes and

2020

01:09:24,149 --> 01:09:20,880

conditions the dependent origination

2021

01:09:26,709 --> 01:09:24,159

what what are the rules of that why does

2022

01:09:27,910 --> 01:09:26,719

why does the manifest world behave the

2023

01:09:32,390 --> 01:09:27,920

way it does and

2024

01:09:34,229 --> 01:09:32,400

science and i'm a deep adherent of this

2025

01:09:35,990 --> 01:09:34,239

as a physician and as someone who

2026

01:09:36,550 --> 01:09:36,000

advocates science-based medicine and so

2027

01:09:39,990 --> 01:09:36,560

on

2028

01:09:43,189 --> 01:09:40,000

but that is a yes and so

2029

01:09:43,829 --> 01:09:43,199

even trans-rational thought it's not

2030

01:09:45,430 --> 01:09:43,839

thought

2031

01:09:47,510 --> 01:09:45,440

this experience of like well okay so

2032

01:09:50,149 --> 01:09:47,520

what's the sub-stratum then that even

2033

01:09:50,789 --> 01:09:50,159

encompasses science and that's what i'm

2034

01:09:52,550 --> 01:09:50,799

pointing out

2035

01:09:54,950 --> 01:09:52,560

with what i'm saying but science is

2036

01:09:55,830 --> 01:09:54,960

still absolutely valid at that relative

2037

01:09:57,830 --> 01:09:55,840

level of

2038

01:09:59,189 --> 01:09:57,840

existence which is what matters to most

2039

01:10:01,750 --> 01:09:59,199

humans because

2040

01:10:03,270 --> 01:10:01,760

like us even being able to talk is

2041

01:10:04,470 --> 01:10:03,280

understandings of quantum mechanics and

2042

01:10:07,990 --> 01:10:04,480

understandings of electro

2043

01:10:09,910 --> 01:10:08,000

electronics and wi-fi and all that so

2044

01:10:11,510 --> 01:10:09,920

and medicine so this is where it gets

2045

01:10:14,070 --> 01:10:11,520

the intersection with medicine

2046

01:10:15,750 --> 01:10:14,080

medicine has gone a long way using the

2047

01:10:17,110 --> 01:10:15,760

reductionist scientific method

2048

01:10:17,830 --> 01:10:17,120

reductionist meaning and that's a very

2049

01:10:19,669 --> 01:10:17,840

charged word

2050

01:10:21,590 --> 01:10:19,679

i don't really like it it's more saying

2051

01:10:23,350 --> 01:10:21,600

okay we're it's a materialist paradigm

2052

01:10:24,470 --> 01:10:23,360

there are receptors and gates and

2053

01:10:27,830 --> 01:10:24,480

molecules

2054

01:10:30,550 --> 01:10:27,840

dna and so on and if we understand that

2055

01:10:32,229 --> 01:10:30,560

we'll be able to do anything in medicine

2056

01:10:33,510 --> 01:10:32,239

and i actually disagree because i think

2057

01:10:35,990 --> 01:10:33,520

what we're seeing there

2058

01:10:37,590 --> 01:10:36,000

is what hoffman calls our interface and

2059

01:10:39,750 --> 01:10:37,600

we can get narrow and narrower in terms

2060

01:10:42,070 --> 01:10:39,760

of the pixel density of the interface

2061

01:10:43,910 --> 01:10:42,080

but at some point we cannot get down

2062

01:10:45,669 --> 01:10:43,920

underneath it to the transistors and

2063

01:10:48,390 --> 01:10:45,679

electron gates that are actually

2064

01:10:49,669 --> 01:10:48,400

running the desktop so that's where the

2065

01:10:52,149 --> 01:10:49,679

understanding of awareness

2066

01:10:53,030 --> 01:10:52,159

consciousness and introspection is the

2067

01:10:55,030 --> 01:10:53,040

next

2068

01:10:56,390 --> 01:10:55,040

science for lack of a better term i'm so

2069

01:10:57,910 --> 01:10:56,400

glad you talked about this

2070

01:10:59,910 --> 01:10:57,920

zubin something i've been thinking about

2071

01:11:01,030 --> 01:10:59,920

for quite some time is what is and i

2072

01:11:03,110 --> 01:11:01,040

don't like to say this i

2073

01:11:04,630 --> 01:11:03,120

talked about this at the i was speaking

2074

01:11:07,430 --> 01:11:04,640

to previously

2075

01:11:09,110 --> 01:11:07,440

what is science 2.0 in essence theories

2076

01:11:12,630 --> 01:11:09,120

of everything is

2077

01:11:15,110 --> 01:11:12,640

the project is it's teetering on the

2078

01:11:18,790 --> 01:11:15,120

edge of that question

2079

01:11:20,390 --> 01:11:18,800

think about the science 400 years ago

2080

01:11:22,550 --> 01:11:20,400

it's not the same science now it wasn't

2081

01:11:24,390 --> 01:11:22,560

even called science and then so science

2082

01:11:26,310 --> 01:11:24,400

developed so then you can wonder well

2083

01:11:27,510 --> 01:11:26,320

where is it headed and then by what

2084

01:11:29,189 --> 01:11:27,520

criteria does what

2085

01:11:31,110 --> 01:11:29,199

does one include this into science

2086

01:11:33,270 --> 01:11:31,120

versus not science i call it

2087

01:11:35,189 --> 01:11:33,280

abhijnasis which is a mouthful but it's

2088

01:11:38,470 --> 01:11:35,199

a merging of gnosis which is

2089

01:11:40,709 --> 01:11:38,480

knowledge in the western sense and then

2090

01:11:42,070 --> 01:11:40,719

which is knowledge in the eastern sense

2091

01:11:43,110 --> 01:11:42,080

i'm not even sure if that's correct

2092

01:11:46,550 --> 01:11:43,120

maybe there's a

2093

01:11:48,790 --> 01:11:46,560

trichotomy rather than a duality

2094

01:11:50,790 --> 01:11:48,800

but either way this whole investigation

2095

01:11:52,070 --> 01:11:50,800

is to what is the next science and you

2096

01:11:53,110 --> 01:11:52,080

just mentioned well science is so-and-so

2097

01:11:55,110 --> 01:11:53,120

but i also think

2098

01:11:56,950 --> 01:11:55,120

is an investigation not of reality but

2099

01:11:58,229 --> 01:11:56,960

of objective reality as it's currently

2100

01:11:59,270 --> 01:11:58,239

defined because you require

2101
01:12:01,430 --> 01:11:59,280
inter-subjective

2102
01:12:02,550 --> 01:12:01,440
agreement so agreement between plenty of

2103
01:12:05,430 --> 01:12:02,560
people and right now

2104
01:12:06,229 --> 01:12:05,440
you've had experiences that i have i can

2105
01:12:08,390 --> 01:12:06,239
only

2106
01:12:09,350 --> 01:12:08,400
glimpse at a at a scintilla of

2107
01:12:11,270 --> 01:12:09,360
understanding

2108
01:12:12,470 --> 01:12:11,280
so we don't have intercept subjective

2109
01:12:14,310 --> 01:12:12,480
agreement with this

2110
01:12:15,750 --> 01:12:14,320
but it is still part of reality your

2111
01:12:17,430 --> 01:12:15,760
experience is part of reality

2112
01:12:19,350 --> 01:12:17,440
that's not captured in science so that's

2113
01:12:21,030 --> 01:12:19,360

why i was saying

2114

01:12:23,110 --> 01:12:21,040

it depends on what you call science with

2115

01:12:24,070 --> 01:12:23,120

your cup if you if whether or not you

2116

01:12:25,910 --> 01:12:24,080

want to follow it

2117

01:12:28,070 --> 01:12:25,920

additionally you mentioned as a

2118

01:12:30,550 --> 01:12:28,080

physician and i think

2119

01:12:32,709 --> 01:12:30,560

i think any science outside of the hard

2120

01:12:34,709 --> 01:12:32,719

sciences like math and physics

2121

01:12:36,229 --> 01:12:34,719

are in the realm of ethics because you

2122

01:12:36,950 --> 01:12:36,239

obvi you have to apply it in the world

2123

01:12:38,790 --> 01:12:36,960

of action

2124

01:12:40,950 --> 01:12:38,800

so you have to say is this intervention

2125

01:12:41,990 --> 01:12:40,960

worth it and over there you have a value

2126

01:12:43,430 --> 01:12:42,000

judgment

2127

01:12:45,110 --> 01:12:43,440

science would just say if then statement

2128

01:12:47,510 --> 01:12:45,120

so if you give this person this will

2129

01:12:49,189 --> 01:12:47,520

happen if this if this if this if this

2130

01:12:50,709 --> 01:12:49,199

you then have to select between them

2131

01:12:53,590 --> 01:12:50,719

which is a

2132

01:12:55,189 --> 01:12:53,600

it's a moral hierarchy it's an ethic and

2133

01:12:56,310 --> 01:12:55,199

i don't see that as incorporated into

2134

01:12:58,310 --> 01:12:56,320

science per se

2135

01:12:59,430 --> 01:12:58,320

so please let me hear your thoughts on

2136

01:13:02,390 --> 01:12:59,440

that

2137

01:13:03,270 --> 01:13:02,400

man i love this is the kind of [h__\h] like

2138

01:13:07,270 --> 01:13:03,280

i just love

2139

01:13:09,750 --> 01:13:07,280

just because it's it's what i call

2140

01:13:10,390 --> 01:13:09,760

you call it science 2.0 right i call it

2141

01:13:12,149 --> 01:13:10,400

i hate it

2142

01:13:14,790 --> 01:13:12,159

i hate i mean i say i hate calling i

2143

01:13:15,590 --> 01:13:14,800

call it gnosis which is like that's

2144

01:13:17,430 --> 01:13:15,600

better

2145

01:13:19,510 --> 01:13:17,440

that's kind of that's thank thank you

2146

01:13:22,149 --> 01:13:19,520

it's worth it i i i

2147

01:13:23,030 --> 01:13:22,159

geek out and call it like health 3.0

2148

01:13:26,790 --> 01:13:23,040

which is

2149

01:13:27,189 --> 01:13:26,800

this idea that it's it's the science is

2150

01:13:29,669 --> 01:13:27,199

there

2151

01:13:31,750 --> 01:13:29,679

we're evidence empowered but then you

2152

01:13:34,070 --> 01:13:31,760

have this relationship with a patient

2153

01:13:35,590 --> 01:13:34,080

that has these currently intangible

2154

01:13:37,990 --> 01:13:35,600

because we don't have

2155

01:13:39,189 --> 01:13:38,000

inner subjective ways to measure these

2156

01:13:41,910 --> 01:13:39,199

things easily

2157

01:13:43,430 --> 01:13:41,920

give that relationship and that hope

2158

01:13:45,030 --> 01:13:43,440

streams and fears of the patient that if

2159

01:13:46,790 --> 01:13:45,040

you know it and you form a therapeutic

2160

01:13:48,070 --> 01:13:46,800

alliance which emerges some state that

2161

01:13:49,830 --> 01:13:48,080

we don't understand

2162

01:13:51,189 --> 01:13:49,840

that we call the mind-body connection

2163

01:13:53,270 --> 01:13:51,199

because we we're we're

2164

01:13:54,630 --> 01:13:53,280

you know basically monkeys flapping our

2165

01:13:55,830 --> 01:13:54,640

meat holes what do you mean when you say

2166

01:13:57,910 --> 01:13:55,840

therapeutic alliance

2167

01:13:59,430 --> 01:13:57,920

what do you mean explain that please so

2168

01:14:01,110 --> 01:13:59,440

a therapeutic alliance

2169

01:14:03,030 --> 01:14:01,120

everybody a lot of people have had this

2170

01:14:04,070 --> 01:14:03,040

experience where look i'm having this

2171

01:14:06,310 --> 01:14:04,080

suffering i'm having this

2172

01:14:07,830 --> 01:14:06,320

issue i'm having this mental thing i'm

2173

01:14:08,950 --> 01:14:07,840

having a physical thing whatever it is

2174

01:14:11,910 --> 01:14:08,960

i think they're all the same thing

2175

01:14:15,110 --> 01:14:11,920

honestly when i find someone

2176

01:14:17,270 --> 01:14:15,120

a healthcare professional who

2177

01:14:18,630 --> 01:14:17,280

sits with me feels connected to my

2178

01:14:20,229 --> 01:14:18,640

suffering

2179

01:14:21,990 --> 01:14:20,239

understands what i'm trying to say

2180

01:14:23,510 --> 01:14:22,000

witnesses my suffering

2181

01:14:26,709 --> 01:14:23,520

it almost doesn't matter what else they

2182

01:14:27,750 --> 01:14:26,719

do that alliance that we formed this

2183

01:14:30,470 --> 01:14:27,760

inner subjective we

2184

01:14:32,229 --> 01:14:30,480

space emerges a kind of healing for lack

2185

01:14:35,030 --> 01:14:32,239

of a you know it's a very woo-woo

2186

01:14:35,590 --> 01:14:35,040

to talk about and anyone who's practiced

2187

01:14:37,189 --> 01:14:35,600

medicine

2188

01:14:38,709 --> 01:14:37,199

knows this to be true anyone who's been

2189

01:14:40,229 --> 01:14:38,719

a patient and has experienced it

2190

01:14:42,229 --> 01:14:40,239

they may not know it because they may

2191

01:14:43,990 --> 01:14:42,239

still have this expectation well but he

2192

01:14:45,510 --> 01:14:44,000

also gave me an aspirin or gave me an

2193

01:14:47,110 --> 01:14:45,520

antibiotic and i got better or maybe

2194

01:14:49,590 --> 01:14:47,120

they gave me an antidepressant

2195

01:14:51,830 --> 01:14:49,600

what what what they will not and this is

2196

01:14:53,350 --> 01:14:51,840

why if you read reviews of docs online

2197

01:14:55,030 --> 01:14:53,360

what they do doesn't matter it's how

2198

01:14:57,030 --> 01:14:55,040

they did it

2199

01:14:58,870 --> 01:14:57,040

that's fascinating it has to do with

2200

01:15:01,990 --> 01:14:58,880

also complaints doctors who

2201
01:15:02,870 --> 01:15:02,000
people dislike get complained against at

2202
01:15:04,870 --> 01:15:02,880
a far

2203
01:15:06,470 --> 01:15:04,880
disproportionate rate than doctors that

2204
01:15:09,590 --> 01:15:06,480
they do like that gave them

2205
01:15:09,990 --> 01:15:09,600
mistreatments absolutely and you this is

2206
01:15:12,149 --> 01:15:10,000
interesting

2207
01:15:13,189 --> 01:15:12,159
because doctors who get those complaints

2208
01:15:14,390 --> 01:15:13,199
and again i'm

2209
01:15:15,430 --> 01:15:14,400
deeply connected in the healthcare

2210
01:15:16,550 --> 01:15:15,440
community right there's like three

2211
01:15:18,149 --> 01:15:16,560
million people who

2212
01:15:19,430 --> 01:15:18,159
who follow across platforms and most of

2213
01:15:20,709 --> 01:15:19,440

them are healthcare professionals and i

2214

01:15:24,709 --> 01:15:20,719

get messages

2215

01:15:27,110 --> 01:15:24,719

they are wounded deeply

2216

01:15:28,390 --> 01:15:27,120

when they get a complaint that says hey

2217

01:15:29,750 --> 01:15:28,400

i don't like the way this guy treated me

2218

01:15:30,790 --> 01:15:29,760

or the way that they behaved or the way

2219

01:15:32,470 --> 01:15:30,800

their staff was

2220

01:15:34,229 --> 01:15:32,480

because they'll say i did all the

2221

01:15:35,590 --> 01:15:34,239

scientific stuff i'm more evidence-based

2222

01:15:36,310 --> 01:15:35,600

than the doctor that they wrote a good

2223

01:15:38,310 --> 01:15:36,320

review for

2224

01:15:39,590 --> 01:15:38,320

i'm doing things i'm trying not to harm

2225

01:15:41,430 --> 01:15:39,600

the patient so on they have these

2226

01:15:41,910 --> 01:15:41,440

expectations they want antibiotics for a

2227

01:15:43,430 --> 01:15:41,920

cold

2228

01:15:44,950 --> 01:15:43,440

they want narcotics for pain i know

2229

01:15:45,590 --> 01:15:44,960

that's harmful and so they were mad at

2230

01:15:47,990 --> 01:15:45,600

me

2231

01:15:49,430 --> 01:15:48,000

but what's missed there and that's

2232

01:15:51,590 --> 01:15:49,440

normal that's defensive

2233

01:15:52,630 --> 01:15:51,600

sort of posturing what's missed there is

2234

01:15:55,830 --> 01:15:52,640

that well so what

2235

01:15:57,030 --> 01:15:55,840

failed in the therapeutic alliance that

2236

01:15:58,709 --> 01:15:57,040

we're not

2237

01:16:00,470 --> 01:15:58,719

able to let ourselves see because it's

2238

01:16:02,229 --> 01:16:00,480

hurtful to us because we realize

2239

01:16:03,669 --> 01:16:02,239

oh there's something about me here that

2240

01:16:04,709 --> 01:16:03,679

is actually and

2241

01:16:06,790 --> 01:16:04,719

why are they defensive in the first

2242

01:16:08,550 --> 01:16:06,800

place because they know underlying it is

2243

01:16:10,470 --> 01:16:08,560

this the kind of unworthiness that many

2244

01:16:13,750 --> 01:16:10,480

of us have you know as type a's

2245

01:16:16,390 --> 01:16:13,760

so it is a dynamic and um

2246

01:16:17,990 --> 01:16:16,400

is that something taught what i mean by

2247

01:16:19,189 --> 01:16:18,000

no what i mean is in school do they

2248

01:16:22,229 --> 01:16:19,199

teach you how to be

2249

01:16:24,229 --> 01:16:22,239

personable or amiable they they

2250

01:16:26,229 --> 01:16:24,239

they give you lip service to the bedside

2251

01:16:27,590 --> 01:16:26,239

manner and the patient relationship

2252

01:16:29,189 --> 01:16:27,600

and they you know they do this kind of

2253

01:16:30,070 --> 01:16:29,199

thing but they've not figured out how to

2254

01:16:33,189 --> 01:16:30,080

teach it

2255

01:16:35,189 --> 01:16:33,199

the way that we learn it is by example

2256

01:16:35,669 --> 01:16:35,199

from whoever our attending physicians

2257

01:16:37,750 --> 01:16:35,679

are

2258

01:16:39,750 --> 01:16:37,760

so what i would try to do is try to

2259

01:16:43,030 --> 01:16:39,760

emulate doctors that i knew

2260

01:16:45,910 --> 01:16:43,040

were really good at that and so here's a

2261

01:16:47,590 --> 01:16:45,920

but but if you have bad mentors or bad

2262

01:16:50,470 --> 01:16:47,600

examples which is rampant

2263

01:16:51,270 --> 01:16:50,480

because we just recapitulate our own

2264

01:16:53,510 --> 01:16:51,280

training

2265

01:16:54,709 --> 01:16:53,520

um and a lot of the older doctors are

2266

01:16:56,149 --> 01:16:54,719

injured by their training like the

2267

01:16:57,830 --> 01:16:56,159

training used to be just absolutely even

2268

01:17:00,229 --> 01:16:57,840

more brutal than it is now but

2269

01:17:01,510 --> 01:17:00,239

they're injured by it injured meaning

2270

01:17:03,750 --> 01:17:01,520

psychically injured by it

2271

01:17:05,510 --> 01:17:03,760

so you know it used to be very common

2272

01:17:06,709 --> 01:17:05,520

you would just be in the hospital for 36

2273

01:17:08,550 --> 01:17:06,719

hours or longer

2274

01:17:09,830 --> 01:17:08,560

working the whole time constantly shamed

2275

01:17:12,870 --> 01:17:09,840

by yourself

2276

01:17:13,590 --> 01:17:12,880

yeah so they then recapitulate this

2277

01:17:15,669 --> 01:17:13,600

cycle

2278

01:17:17,510 --> 01:17:15,679

uh and and so you watch it and and then

2279

01:17:19,110 --> 01:17:17,520

of course it bleeds into patient care

2280

01:17:21,189 --> 01:17:19,120

because you've been trained to be a

2281

01:17:22,870 --> 01:17:21,199

psychopath and

2282

01:17:24,870 --> 01:17:22,880

now you're asked to be compassionate or

2283

01:17:26,149 --> 01:17:24,880

empathetic right which i don't conflate

2284

01:17:26,950 --> 01:17:26,159

by the way compassion and empathy which

2285

01:17:28,470 --> 01:17:26,960

we can talk about

2286

01:17:30,790 --> 01:17:28,480

they're quite different and actually one

2287

01:17:33,110 --> 01:17:30,800

is harmful one is actually beneficial

2288

01:17:34,070 --> 01:17:33,120

but um so we're not really trained that

2289

01:17:35,750 --> 01:17:34,080

we watch

2290

01:17:37,510 --> 01:17:35,760

doctors doing it now one one thing i

2291

01:17:39,110 --> 01:17:37,520

remember seeing for example is is

2292

01:17:40,550 --> 01:17:39,120

you know dr norm risk who was the head

2293

01:17:42,470 --> 01:17:40,560

of icu when i was there training at

2294

01:17:45,030 --> 01:17:42,480

stanford as a resident

2295

01:17:46,229 --> 01:17:45,040

he would tell patients at the in the icu

2296

01:17:47,830 --> 01:17:46,239

sickest of the sick

2297

01:17:50,310 --> 01:17:47,840

patients that we all knew like us

2298

01:17:52,790 --> 01:17:50,320

residents were like why are we still

2299

01:17:54,229 --> 01:17:52,800

in ventilating this patient on tons of

2300

01:17:55,510 --> 01:17:54,239

agents to keep their blood pressure up

2301

01:17:56,790 --> 01:17:55,520

giving them all these antibiotics

2302

01:17:58,470 --> 01:17:56,800

millions of dollars of care

2303

01:18:00,149 --> 01:17:58,480

patients unconscious never going to make

2304

01:18:02,390 --> 01:18:00,159

it family is not

2305

01:18:03,990 --> 01:18:02,400

clear that this is the end and why are

2306

01:18:05,510 --> 01:18:04,000

we doing this this is a kind of injury

2307

01:18:07,350 --> 01:18:05,520

to us because we're forced to be

2308

01:18:10,070 --> 01:18:07,360

complicit in a torture

2309

01:18:12,390 --> 01:18:10,080

because nobody is going to openly say

2310

01:18:14,630 --> 01:18:12,400

what's absolutely true which is we're

2311

01:18:16,630 --> 01:18:14,640

not helping this patient so what norm

2312

01:18:18,149 --> 01:18:16,640

risk would do is he would call a family

2313

01:18:19,189 --> 01:18:18,159

meeting with all of us we'd sit there

2314

01:18:20,709 --> 01:18:19,199

with the family

2315

01:18:22,550 --> 01:18:20,719

he would hold the hand of the person he

2316

01:18:23,510 --> 01:18:22,560

was talking to as the authority figure

2317

01:18:25,990 --> 01:18:23,520

with the gray hair

2318

01:18:26,950 --> 01:18:26,000

and he would say you know there comes a

2319

01:18:30,709 --> 01:18:26,960

point where

2320

01:18:33,830 --> 01:18:30,719

we are doing things to your husband

2321

01:18:34,790 --> 01:18:33,840

instead of for your husband and i think

2322

01:18:36,630 --> 01:18:34,800

we

2323

01:18:38,470 --> 01:18:36,640

are past that point now and he would

2324

01:18:41,030 --> 01:18:38,480

then engage in

2325

01:18:42,630 --> 01:18:41,040

you know whatever anger or denial or

2326

01:18:45,350 --> 01:18:42,640

bargaining or anything that came out

2327

01:18:46,229 --> 01:18:45,360

and by watching that by absorbing that

2328

01:18:53,830 --> 01:18:46,239

you

2329

01:18:55,270 --> 01:18:53,840

that same sort of language emerges so

2330

01:18:56,870 --> 01:18:55,280

that's that's a lot of how the

2331

01:18:58,950 --> 01:18:56,880

apprenticeship of medicine

2332

01:19:01,110 --> 01:18:58,960

training works now you can imagine

2333

01:19:03,590 --> 01:19:01,120

though if you don't have a norm risk

2334

01:19:05,110 --> 01:19:03,600

and you have you know bobby mcbobby from

2335

01:19:06,550 --> 01:19:05,120

the community who's been

2336

01:19:08,550 --> 01:19:06,560

injured by their own training and

2337

01:19:10,870 --> 01:19:08,560

doesn't is burned out and

2338

01:19:13,030 --> 01:19:10,880

you they're going to model that to you

2339

01:19:15,110 --> 01:19:13,040

and and honestly by the end of my full

2340

01:19:17,510 --> 01:19:15,120

academic career

2341

01:19:19,430 --> 01:19:17,520

as a hospital doc i was modeling bad

2342

01:19:22,149 --> 01:19:19,440

behavior to residents because i was

2343

01:19:23,990 --> 01:19:22,159

pretty burned out so you know it took

2344

01:19:26,709 --> 01:19:24,000

stepping away to regain

2345

01:19:27,990 --> 01:19:26,719

the connection to actual compassion

2346

01:19:30,709 --> 01:19:28,000

because empathy wasn't working his

2347

01:19:33,510 --> 01:19:30,719

empathy will will kind of burn you out

2348

01:19:34,550 --> 01:19:33,520

because empathy is feeling someone else

2349

01:19:37,669 --> 01:19:34,560

yeah so and

2350

01:19:40,950 --> 01:19:37,679

let's be very precise so affective

2351

01:19:41,830 --> 01:19:40,960

empathy is feeling someone else's

2352

01:19:45,669 --> 01:19:41,840

suffering

2353

01:19:47,910 --> 01:19:45,679

really inhabiting it

2354

01:19:50,390 --> 01:19:47,920

and then acting from the feeling of

2355

01:19:51,189 --> 01:19:50,400

suffering not so much for love of the

2356

01:19:53,110 --> 01:19:51,199

patient

2357

01:19:55,270 --> 01:19:53,120

but acting for relief of that suffering

2358

01:19:58,470 --> 01:19:55,280

oh i know what it's like to

2359

01:19:59,750 --> 01:19:58,480

you know withdraw from narcotics maybe

2360

01:20:01,350 --> 01:19:59,760

the best thing to do is just

2361

01:20:03,030 --> 01:20:01,360

give them a little bit of morphine to

2362

01:20:04,550 --> 01:20:03,040

calm them down because man i've been

2363

01:20:05,669 --> 01:20:04,560

through that myself you're watching this

2364

01:20:07,030 --> 01:20:05,679

channel because you're interested in

2365

01:20:08,709 --> 01:20:07,040

theoretical physics

2366

01:20:10,229 --> 01:20:08,719

consciousness and the ostensible

2367

01:20:11,590 --> 01:20:10,239

connection between the two what's

2368

01:20:12,390 --> 01:20:11,600

required to follow some of these

2369

01:20:14,149 --> 01:20:12,400

arguments is

2370

01:20:16,390 --> 01:20:14,159

facility with mathematics as well as

2371

01:20:17,030 --> 01:20:16,400

discernment of the underlying physical

2372

01:20:18,470 --> 01:20:17,040

laws and

2373

01:20:20,390 --> 01:20:18,480

you may think that this is beyond you

2374

01:20:22,550 --> 01:20:20,400

but that's false brilliance provides

2375

01:20:23,830 --> 01:20:22,560

pelucid explanations of abstruse

2376

01:20:26,229 --> 01:20:23,840

phenomenon such as

2377

01:20:27,910 --> 01:20:26,239

quantum computing general relativity and

2378

01:20:30,390 --> 01:20:27,920

even group theory when you hear that the

2379

01:20:31,350 --> 01:20:30,400

standard model is based on u_1 cross su_2

2380

01:20:33,350 --> 01:20:31,360

cross su_3

2381

01:20:35,189 --> 01:20:33,360

that's group theory for example now this

2382

01:20:37,350 --> 01:20:35,199

isn't just for neophytes either

2383

01:20:38,709 --> 01:20:37,360

for example i have a degree in math and

2384

01:20:40,470 --> 01:20:38,719

physics and i still found

2385

01:20:43,110 --> 01:20:40,480

some of the intuitions given in these

2386

01:20:44,629 --> 01:20:43,120

lessons to vastly aid my penetration

2387

01:20:46,629 --> 01:20:44,639

into these subjects for example

2388

01:20:48,310 --> 01:20:46,639

electricity and magnetism sign up today

2389

01:20:51,430 --> 01:20:48,320

at brilliant.org

2390

01:20:52,149 --> 01:20:51,440

now that is t-o-e for free you'll also

2391

01:20:54,310 --> 01:20:52,159

get 20

2392

01:20:56,149 --> 01:20:54,320

off the annual premium subscription try

2393

01:20:58,629 --> 01:20:56,159

four of the lessons at least don't

2394

01:20:59,990 --> 01:20:58,639

stop before four and i think you'll be

2395

01:21:01,590 --> 01:21:00,000

greatly surprised at the

2396

01:21:03,830 --> 01:21:01,600

ease at which you comprehend subjects

2397

01:21:05,669 --> 01:21:03,840

you previously had trouble grocking

2398

01:21:06,870 --> 01:21:05,679

links are in the description i have a

2399

01:21:07,510 --> 01:21:06,880

quick question about morphine while

2400

01:21:10,310 --> 01:21:07,520

we're on this

2401
01:21:11,750 --> 01:21:10,320
i know we're on a great thread morphine

2402
01:21:12,310 --> 01:21:11,760
apparently doesn't cross the blood-brain

2403
01:21:14,709 --> 01:21:12,320
barrier

2404
01:21:16,310 --> 01:21:14,719
is that correct you actually don't know

2405
01:21:17,669 --> 01:21:16,320
the answer to that

2406
01:21:19,910 --> 01:21:17,679
okay don't know the answer that yeah

2407
01:21:21,350 --> 01:21:19,920
okay well as far as i know heroin does

2408
01:21:22,470 --> 01:21:21,360
and the heroin becomes morphine in the

2409
01:21:24,310 --> 01:21:22,480
brain and that's one of the reasons

2410
01:21:26,550 --> 01:21:24,320
heroin is more potent than morphine

2411
01:21:28,149 --> 01:21:26,560
i don't know if this is true so most of

2412
01:21:30,470 --> 01:21:28,159
them are processed in the liver

2413
01:21:31,990 --> 01:21:30,480

to turn into morphine compounds that are

2414

01:21:34,229 --> 01:21:32,000

then active

2415

01:21:36,390 --> 01:21:34,239

okay well something i was wondering is

2416

01:21:39,189 --> 01:21:36,400

why is it that morphine feels good

2417

01:21:40,470 --> 01:21:39,199

when it seems to give you a slight high

2418

01:21:41,990 --> 01:21:40,480

if it doesn't cross the blood-brain

2419

01:21:42,950 --> 01:21:42,000

barriers that simply because of the

2420

01:21:45,750 --> 01:21:42,960

connection between

2421

01:21:47,110 --> 01:21:45,760

mind and body well okay so first i'd

2422

01:21:48,470 --> 01:21:47,120

have to confirm that that's

2423

01:21:50,149 --> 01:21:48,480

true that it doesn't have a central

2424

01:21:52,310 --> 01:21:50,159

effect because i think it does

2425

01:21:53,510 --> 01:21:52,320

i know it has you know direct central

2426

01:21:55,990 --> 01:21:53,520

spinal effect

2427

01:21:57,510 --> 01:21:56,000

there are opioid mu receptors throughout

2428

01:21:58,950 --> 01:21:57,520

the nervous system i don't

2429

01:22:00,790 --> 01:21:58,960

know it could be just because i haven't

2430

01:22:02,070 --> 01:22:00,800

looked at this in a long time but the

2431

01:22:03,990 --> 01:22:02,080

euphoric

2432

01:22:05,669 --> 01:22:04,000

sense which isn't it's actually

2433

01:22:06,709 --> 01:22:05,679

different for different types of opioids

2434

01:22:07,910 --> 01:22:06,719

and partially it's how they're

2435

01:22:09,110 --> 01:22:07,920

metabolized

2436

01:22:10,950 --> 01:22:09,120

and a pain special should be able to

2437

01:22:12,950 --> 01:22:10,960

speak to this more cogently

2438

01:22:15,590 --> 01:22:12,960

but but we found patients would request

2439

01:22:18,950 --> 01:22:15,600

specific narcotics because they provided

2440

01:22:21,189 --> 01:22:18,960

a a euphoria like say demerol

2441

01:22:22,070 --> 01:22:21,199

dilaudid had much more euphoria than

2442

01:22:25,510 --> 01:22:22,080

just iv

2443

01:22:28,790 --> 01:22:25,520

morphine or heaven forbid uh you know

2444

01:22:30,310 --> 01:22:28,800

coding which you know i think 10 or 20

2445

01:22:32,390 --> 01:22:30,320

of caucasians don't even process

2446

01:22:35,510 --> 01:22:32,400

correctly so they don't get any

2447

01:22:36,629 --> 01:22:35,520

experience from it um sorry you're

2448

01:22:37,590 --> 01:22:36,639

saying you don't want to give people

2449

01:22:39,750 --> 01:22:37,600

coding

2450

01:22:41,510 --> 01:22:39,760

no no people don't want it because it

2451
01:22:44,870 --> 01:22:41,520
doesn't give you that

2452
01:22:46,390 --> 01:22:44,880
that euphoria um and so so we always

2453
01:22:48,470 --> 01:22:46,400
knew like patients will request a

2454
01:22:50,629 --> 01:22:48,480
certain hierarchy of narcotics in fact

2455
01:22:52,390 --> 01:22:50,639
they will even tell you i'm someone

2456
01:22:53,750 --> 01:22:52,400
who's dependent on narcotics

2457
01:22:55,510 --> 01:22:53,760
and we you know we can use this term

2458
01:22:57,189 --> 01:22:55,520
addiction they may come to the emergency

2459
01:22:58,870 --> 01:22:57,199
department with a complaint and say okay

2460
01:23:01,030 --> 01:22:58,880
i'm allergic to morphine

2461
01:23:02,229 --> 01:23:01,040
i'm allergic to codeine i'm allergic to

2462
01:23:04,790 --> 01:23:02,239
all these aspirin and

2463
01:23:05,990 --> 01:23:04,800

tylenol derivatives the only thing that

2464

01:23:07,830 --> 01:23:06,000

helps me starts with a d

2465

01:23:09,110 --> 01:23:07,840

i don't remember the name d d d and

2466

01:23:12,229 --> 01:23:09,120

you're like demeral

2467

01:23:14,229 --> 01:23:12,239

yeah that's it or dilaudid oh yeah

2468

01:23:16,070 --> 01:23:14,239

so there's definitely a hierarchy of

2469

01:23:16,870 --> 01:23:16,080

narcotics so they all have slightly

2470

01:23:17,990 --> 01:23:16,880

different

2471

01:23:20,310 --> 01:23:18,000

experiences now some of that is

2472

01:23:21,830 --> 01:23:20,320

expectation so we talked about mind body

2473

01:23:23,830 --> 01:23:21,840

some of that is expectation

2474

01:23:25,110 --> 01:23:23,840

one interesting thing is the placebo

2475

01:23:26,470 --> 01:23:25,120

effect which

2476

01:23:28,229 --> 01:23:26,480

nobody really understands there's a guy

2477

01:23:29,669 --> 01:23:28,239

at harvard who studies it and some

2478

01:23:32,629 --> 01:23:29,679

others that study it but

2479

01:23:34,310 --> 01:23:32,639

it's been getting stronger over time

2480

01:23:36,550 --> 01:23:34,320

over the decades now why is that

2481

01:23:39,110 --> 01:23:36,560

is it because people especially

2482

01:23:41,189 --> 01:23:39,120

americans expect our medicines to work

2483

01:23:42,310 --> 01:23:41,199

more than they did in the old days and

2484

01:23:44,629 --> 01:23:42,320

it's gotten so bad

2485

01:23:46,229 --> 01:23:44,639

kurt that now apparently if you redid

2486

01:23:48,790 --> 01:23:46,239

the same studies that showed that

2487

01:23:51,189 --> 01:23:48,800

certain antidepressants ssris

2488

01:23:52,229 --> 01:23:51,199

actually work they would no longer work

2489

01:23:53,590 --> 01:23:52,239

against placebo

2490

01:23:55,590 --> 01:23:53,600

because the placebo has gotten so

2491

01:23:57,110 --> 01:23:55,600

powerful so it tells you again like how

2492

01:24:00,070 --> 01:23:57,120

much of this is mined

2493

01:24:02,790 --> 01:24:00,080

the we space the therapeutic alliance

2494

01:24:04,550 --> 01:24:02,800

all of that that emerges health 3.0

2495

01:24:06,550 --> 01:24:04,560

where you have the science component of

2496

01:24:08,390 --> 01:24:06,560

the stuff that you can reduce

2497

01:24:10,790 --> 01:24:08,400

to the objective and then there's the

2498

01:24:13,030 --> 01:24:10,800

internal experience not just of i

2499

01:24:14,390 --> 01:24:13,040

internal but of we the inner subjective

2500

01:24:15,910 --> 01:24:14,400

experience which is

2501

01:24:17,590 --> 01:24:15,920

again it's an internal state

2502

01:24:17,910 --> 01:24:17,600

externalized between two people and we

2503

01:24:20,950 --> 01:24:17,920

use

2504

01:24:22,149 --> 01:24:20,960

there's no way to know your internal

2505

01:24:23,990 --> 01:24:22,159

state unless you tell me

2506

01:24:26,070 --> 01:24:24,000

which is why it's so uncomfortable to

2507

01:24:28,629 --> 01:24:26,080

describe a non-dual experience

2508

01:24:29,910 --> 01:24:28,639

because it's the words just fail and

2509

01:24:31,189 --> 01:24:29,920

then you're just like you think i'm

2510

01:24:32,950 --> 01:24:31,199

crazy

2511

01:24:34,470 --> 01:24:32,960

that's what it feels like sometimes

2512

01:24:36,550 --> 01:24:34,480

remember how i mentioned that

2513

01:24:37,990 --> 01:24:36,560

i think theories of everything free will

2514

01:24:38,390 --> 01:24:38,000

consciousness and god are intimately

2515

01:24:40,550 --> 01:24:38,400

tied

2516

01:24:41,510 --> 01:24:40,560

i also think that the placebo effect and

2517

01:24:44,709 --> 01:24:41,520

self-fulfilling

2518

01:24:48,229 --> 01:24:44,719

prophecies are in there somewhere

2519

01:24:51,430 --> 01:24:48,239

i'm i may be writing a a book on

2520

01:24:52,790 --> 01:24:51,440

the placebo effect because there's

2521

01:24:55,430 --> 01:24:52,800

well it's just the more you think about

2522

01:24:58,950 --> 01:24:55,440

it the more it boggles the mind

2523

01:24:59,590 --> 01:24:58,960

as for the antidepressant not performing

2524

01:25:00,709 --> 01:24:59,600

as well why

2525

01:25:02,070 --> 01:25:00,719

would that be the case unless an

2526
01:25:03,669 --> 01:25:02,080
antidepressant is harming you because

2527
01:25:05,270 --> 01:25:03,679
wouldn't the antidepressant be raised at

2528
01:25:06,950 --> 01:25:05,280
the same level as placebo

2529
01:25:08,629 --> 01:25:06,960
yeah yeah so sorry i should be very

2530
01:25:12,149 --> 01:25:08,639
specific if you did

2531
01:25:14,229 --> 01:25:12,159
that trial uh um

2532
01:25:15,350 --> 01:25:14,239
exactly back then using the level of

2533
01:25:17,350 --> 01:25:15,360
placebo that

2534
01:25:18,550 --> 01:25:17,360
is now you know the efficacy of placebo

2535
01:25:20,229 --> 01:25:18,560
now it would fail

2536
01:25:22,550 --> 01:25:20,239
but what would probably happen now is

2537
01:25:25,350 --> 01:25:22,560
both would rise and the question is

2538
01:25:26,070 --> 01:25:25,360

would the uh active ingredient rise more

2539

01:25:27,669 --> 01:25:26,080

than placebo

2540

01:25:28,629 --> 01:25:27,679

and still be statistically significant

2541

01:25:29,750 --> 01:25:28,639

we don't know because i don't think the

2542

01:25:31,430 --> 01:25:29,760

trial has been done

2543

01:25:32,950 --> 01:25:31,440

but it is quite interesting and you're

2544

01:25:34,950 --> 01:25:32,960

on to something with that and

2545

01:25:35,990 --> 01:25:34,960

and by the way tying that back into what

2546

01:25:39,510 --> 01:25:36,000

your whole

2547

01:25:39,990 --> 01:25:39,520

you know this you know gnosis that

2548

01:25:43,590 --> 01:25:40,000

you're talking

2549

01:25:45,669 --> 01:25:43,600

about yeah yeah yeah you know

2550

01:25:47,510 --> 01:25:45,679

uh daniel schmacktenberger who i think

2551
01:25:49,189 --> 01:25:47,520
you know um

2552
01:25:50,629 --> 01:25:49,199
and i were talking and he shared a piece

2553
01:25:53,030 --> 01:25:50,639
of writing that he wrote he

2554
01:25:53,990 --> 01:25:53,040
he looks at it this way he calls it the

2555
01:25:57,270 --> 01:25:54,000
dance of

2556
01:25:59,510 --> 01:25:57,280
the dao with the ten thousand things

2557
01:26:01,750 --> 01:25:59,520
and that's a very poetic way of saying

2558
01:26:03,510 --> 01:26:01,760
the absolute which was whatever is

2559
01:26:05,350 --> 01:26:03,520
fundamental reality whether it's

2560
01:26:06,629 --> 01:26:05,360
emptiness or awareness or whatever you

2561
01:26:09,110 --> 01:26:06,639
want to call it

2562
01:26:10,790 --> 01:26:09,120
dances with manifestation which is the

2563
01:26:12,629 --> 01:26:10,800

stuff we can measure and quantify and

2564

01:26:15,430 --> 01:26:12,639

use our typical science on

2565

01:26:15,990 --> 01:26:15,440

in an intimate and inseparable way

2566

01:26:18,149 --> 01:26:16,000

that's

2567

01:26:19,830 --> 01:26:18,159

beautiful and complex when i think of

2568

01:26:23,110 --> 01:26:19,840

human organisms

2569

01:26:24,550 --> 01:26:23,120

i think of what um what federico fajine

2570

01:26:26,790 --> 01:26:24,560

who i've had on my show

2571

01:26:28,070 --> 01:26:26,800

talks about he's he's he's a like

2572

01:26:29,110 --> 01:26:28,080

someone who's funded some of don

2573

01:26:31,750 --> 01:26:29,120

hoffman's work

2574

01:26:32,390 --> 01:26:31,760

he is a physicist italian guy who

2575

01:26:36,149 --> 01:26:32,400

invented the

2576

01:26:36,870 --> 01:26:36,159

first commercial microprocessor with

2577

01:26:38,950 --> 01:26:36,880

intel

2578

01:26:40,070 --> 01:26:38,960

in the 70s and since has worked on ai

2579

01:26:43,430 --> 01:26:40,080

and stuff and

2580

01:26:45,990 --> 01:26:43,440

he wrote a book about this he feels that

2581

01:26:47,750 --> 01:26:46,000

you know humans are these quantum

2582

01:26:49,990 --> 01:26:47,760

classical hybrid systems

2583

01:26:51,590 --> 01:26:50,000

where you you know when he uses quantum

2584

01:26:53,590 --> 01:26:51,600

he's talking about this indeterminate

2585

01:26:56,709 --> 01:26:53,600

space where free will may emerge from

2586

01:26:58,950 --> 01:26:56,719

nothing and and that may be

2587

01:27:01,350 --> 01:26:58,960

another for this kind of substance of

2588

01:27:04,950 --> 01:27:01,360

reality and then it manifests

2589

01:27:06,470 --> 01:27:04,960

in this very classical deterministic way

2590

01:27:08,870 --> 01:27:06,480

in the form of the body in the body like

2591

01:27:09,590 --> 01:27:08,880

a human cell is a quantum classical

2592

01:27:12,550 --> 01:27:09,600

hybrid

2593

01:27:14,070 --> 01:27:12,560

so you have this really kind of

2594

01:27:17,270 --> 01:27:14,080

indeterminate free will

2595

01:27:17,990 --> 01:27:17,280

generating complexity of of is-ness and

2596

01:27:20,790 --> 01:27:18,000

then you have

2597

01:27:22,790 --> 01:27:20,800

the mechanistic stuff we can measure and

2598

01:27:25,110 --> 01:27:22,800

quantify and they're not two

2599

01:27:26,470 --> 01:27:25,120

so i think that's an interesting way to

2600

01:27:27,510 --> 01:27:26,480

look at that wait we said they're not

2601

01:27:31,030 --> 01:27:27,520

two

2602

01:27:34,070 --> 01:27:31,040

they're

2603

01:27:35,189 --> 01:27:34,080

intertwined at the human level or in

2604

01:27:37,510 --> 01:27:35,199

reality

2605

01:27:39,350 --> 01:27:37,520

in in so in other words the way he

2606

01:27:42,229 --> 01:27:39,360

describes it as a metaphor is

2607

01:27:43,669 --> 01:27:42,239

the human body is like the interface in

2608

01:27:46,310 --> 01:27:43,679

a virtual reality

2609

01:27:48,709 --> 01:27:46,320

the user of the virtual reality is in

2610

01:27:51,669 --> 01:27:48,719

the quantum realm and is pure

2611

01:27:52,709 --> 01:27:51,679

free will decision making and then it

2612

01:27:56,070 --> 01:27:52,719

interfaces with

2613

01:27:59,270 --> 01:27:56,080

this realm in an absolutely

2614

01:28:02,390 --> 01:27:59,280

seamless way where you would never know

2615

01:28:03,030 --> 01:28:02,400

that this is an avatar but it and again

2616

01:28:04,709 --> 01:28:03,040

but again

2617

01:28:06,149 --> 01:28:04,719

it's all made out of awareness

2618

01:28:08,390 --> 01:28:06,159

ultimately is his

2619

01:28:09,990 --> 01:28:08,400

posit it's all still one substance but

2620

01:28:12,149 --> 01:28:10,000

it just appears in this way

2621

01:28:14,149 --> 01:28:12,159

and mechanistically it functions like

2622

01:28:17,189 --> 01:28:14,159

this where the avatar

2623

01:28:18,629 --> 01:28:17,199

and our decision making and

2624

01:28:20,229 --> 01:28:18,639

another way to think about this is when

2625

01:28:21,910 --> 01:28:20,239

you're in a flow state or you're in an

2626
01:28:23,350 --> 01:28:21,920
authentic conversation like we're having

2627
01:28:23,910 --> 01:28:23,360
a pretty authentic conversation right

2628
01:28:26,709 --> 01:28:23,920
now

2629
01:28:28,229 --> 01:28:26,719
where is any of this coming from the

2630
01:28:29,030 --> 01:28:28,239
discussion we're having the words that

2631
01:28:31,510 --> 01:28:29,040
we're speaking

2632
01:28:32,709 --> 01:28:31,520
it comes from emptiness it comes from

2633
01:28:35,350 --> 01:28:32,719
something that we can't

2634
01:28:36,709 --> 01:28:35,360
point back from darkness really and

2635
01:28:39,030 --> 01:28:36,719
federico's argument is that

2636
01:28:40,149 --> 01:28:39,040
it comes from the free will decisions

2637
01:28:42,550 --> 01:28:40,159
that are in that

2638
01:28:43,590 --> 01:28:42,560

realm rather than right or not who knows

2639

01:28:45,510 --> 01:28:43,600

right it's a typical

2640

01:28:47,590 --> 01:28:45,520

difficult thing to test this is why when

2641

01:28:49,189 --> 01:28:47,600

people say free will exist or free will

2642

01:28:49,910 --> 01:28:49,199

doesn't exist i'm always skeptical

2643

01:28:52,149 --> 01:28:49,920

because it's

2644

01:28:53,270 --> 01:28:52,159

it's absolutely not obvious there are

2645

01:28:55,669 --> 01:28:53,280

reasons to believe it

2646

01:28:57,110 --> 01:28:55,679

in both directions and then you

2647

01:28:59,270 --> 01:28:57,120

mentioned also sam harris is someone

2648

01:29:00,950 --> 01:28:59,280

that makes no ontological claims but he

2649

01:29:02,149 --> 01:29:00,960

also said that free will doesn't exist

2650

01:29:03,830 --> 01:29:02,159

that's an ontological claim

2651
01:29:05,350 --> 01:29:03,840
and he also said that god doesn't exist

2652
01:29:07,270 --> 01:29:05,360
which is an ontological claim of course

2653
01:29:09,350 --> 01:29:07,280
you have to define god

2654
01:29:10,550 --> 01:29:09,360
yeah i find um sam is an interesting

2655
01:29:13,189 --> 01:29:10,560
character so

2656
01:29:15,430 --> 01:29:13,199
he just as my own journey you know i was

2657
01:29:16,310 --> 01:29:15,440
a pretty hardcore science-based atheist

2658
01:29:17,669 --> 01:29:16,320
reductionist

2659
01:29:19,910 --> 01:29:17,679
anything i'm saying now i would have

2660
01:29:21,510 --> 01:29:19,920
struck myself as insane

2661
01:29:23,030 --> 01:29:21,520
and probably that i've been smoking

2662
01:29:25,270 --> 01:29:23,040
something and not a good idea

2663
01:29:27,110 --> 01:29:25,280

isn't that fascinating huh isn't it and

2664

01:29:28,070 --> 01:29:27,120

uh and that would have been

2665

01:29:30,229 --> 01:29:28,080

that would have been eight years ago

2666

01:29:31,830 --> 01:29:30,239

that i would told you that now

2667

01:29:34,550 --> 01:29:31,840

what's interesting about sam is he was

2668

01:29:37,030 --> 01:29:34,560

my gateway drug to spirituality

2669

01:29:38,790 --> 01:29:37,040

so i read his atheist works you know uh

2670

01:29:40,550 --> 01:29:38,800

letters to a christian nation

2671

01:29:41,830 --> 01:29:40,560

and you know i forget what the other one

2672

01:29:44,310 --> 01:29:41,840

was and

2673

01:29:45,510 --> 01:29:44,320

um was enamored with the new atheists

2674

01:29:46,870 --> 01:29:45,520

and these guys and i'm like these guys

2675

01:29:48,629 --> 01:29:46,880

are speaking truth man religion's

2676

01:29:50,629 --> 01:29:48,639

[h__\h] and all that

2677

01:29:52,470 --> 01:29:50,639

then i read you know waking up a guide

2678

01:29:56,470 --> 01:29:52,480

to spirituality without religion

2679

01:30:01,110 --> 01:29:56,480

and i was like wait sam is yearning

2680

01:30:03,350 --> 01:30:01,120

deeply for the same mythos the same

2681

01:30:05,189 --> 01:30:03,360

fundamental sense of business meaning

2682

01:30:06,149 --> 01:30:05,199

purpose whatever it is that everyone is

2683

01:30:08,709 --> 01:30:06,159

religious is

2684

01:30:10,229 --> 01:30:08,719

he's just found a different angle on it

2685

01:30:11,510 --> 01:30:10,239

and that's when i started meditating and

2686

01:30:14,629 --> 01:30:11,520

exploring that path

2687

01:30:16,149 --> 01:30:14,639

but he he made it okay to do that now

2688

01:30:17,430 --> 01:30:16,159

now i listen to him and i'm like oh man

2689

01:30:18,149 --> 01:30:17,440

he's pretty stubborn about a lot of

2690

01:30:19,590 --> 01:30:18,159

stuff

2691

01:30:21,669 --> 01:30:19,600

like you're right he makes ontological

2692

01:30:22,070 --> 01:30:21,679

claims about free will and god and so on

2693

01:30:25,270 --> 01:30:22,080

and

2694

01:30:26,790 --> 01:30:25,280

with rupert spyro which was kind of

2695

01:30:27,990 --> 01:30:26,800

painful to listen to because they were

2696

01:30:29,590 --> 01:30:28,000

just going at it like

2697

01:30:31,030 --> 01:30:29,600

is materialism real or is it all

2698

01:30:32,070 --> 01:30:31,040

consciousness and how can you say that

2699

01:30:33,510 --> 01:30:32,080

and so on and i'm like

2700

01:30:35,510 --> 01:30:33,520

you know you've got rupert here probably

2701

01:30:38,550 --> 01:30:35,520

it's a good idea to talk about

2702

01:30:39,750 --> 01:30:38,560

you know non-dual experience but

2703

01:30:41,910 --> 01:30:39,760

but it was a good conversation because

2704

01:30:43,590 --> 01:30:41,920

you could really dig into it he asked

2705

01:30:45,590 --> 01:30:43,600

one sam asked one question of rupert

2706

01:30:50,390 --> 01:30:45,600

that i thought was fascinating

2707

01:30:52,470 --> 01:30:50,400

that was what happens under anesthesia

2708

01:30:54,070 --> 01:30:52,480

have you ever had general anesthesia and

2709

01:30:55,590 --> 01:30:54,080

i have and

2710

01:30:57,510 --> 01:30:55,600

my experience of general anesthesia was

2711

01:31:00,550 --> 01:30:57,520

this count down from 10

2712

01:31:03,750 --> 01:31:00,560

10 9 8

2713

01:31:05,910 --> 01:31:03,760

where am i i'm here awake

2714

01:31:07,990 --> 01:31:05,920

in post-op recovery there was an

2715

01:31:11,030 --> 01:31:08,000

absolute slice of reality

2716

01:31:12,390 --> 01:31:11,040

removed and it didn't have the sense of

2717

01:31:16,229 --> 01:31:12,400

continuity

2718

01:31:18,070 --> 01:31:16,239

that you have when you go to sleep

2719

01:31:19,669 --> 01:31:18,080

so when you sleep there's still a sense

2720

01:31:21,189 --> 01:31:19,679

that oh how'd you sleep pretty good

2721

01:31:23,830 --> 01:31:21,199

how'd you know that

2722

01:31:25,910 --> 01:31:23,840

because there's like a sense of being

2723

01:31:27,430 --> 01:31:25,920

that occurs when you're asleep

2724

01:31:29,030 --> 01:31:27,440

maybe it's not just dreaming i think

2725

01:31:30,870 --> 01:31:29,040

even in deep sleep

2726

01:31:32,790 --> 01:31:30,880

but this was different this was like

2727

01:31:35,510 --> 01:31:32,800

lights out lights on

2728

01:31:36,229 --> 01:31:35,520

and it made me question well maybe

2729

01:31:38,709 --> 01:31:36,239

consciousness

2730

01:31:40,709 --> 01:31:38,719

is purely a brain-based material thing

2731

01:31:43,750 --> 01:31:40,719

because if you give it certain chemicals

2732

01:31:45,669 --> 01:31:43,760

it's gone gone in a way that i felt like

2733

01:31:46,550 --> 01:31:45,679

i was annihilated like that must be what

2734

01:31:49,750 --> 01:31:46,560

death is like

2735

01:31:50,870 --> 01:31:49,760

complete non-being and so sam posed the

2736

01:31:53,110 --> 01:31:50,880

question to rupert

2737

01:31:54,550 --> 01:31:53,120

and they got derailed before rupert

2738

01:31:56,629 --> 01:31:54,560

could answer

2739

01:31:58,470 --> 01:31:56,639

um because the you know you and i can

2740

01:32:00,310 --> 01:31:58,480

tease this out intellectually well

2741

01:32:01,669 --> 01:32:00,320

is it just that memory formation is gone

2742

01:32:02,709 --> 01:32:01,679

and therefore you can't remember

2743

01:32:05,270 --> 01:32:02,719

anything about it

2744

01:32:06,550 --> 01:32:05,280

and so therefore you're still aware at

2745

01:32:08,229 --> 01:32:06,560

some level but you're not forming

2746

01:32:08,950 --> 01:32:08,239

memories and many have posited this

2747

01:32:10,629 --> 01:32:08,960

including

2748

01:32:12,790 --> 01:32:10,639

those who have experiences of anesthesia

2749

01:32:15,750 --> 01:32:12,800

awareness where they remember being

2750

01:32:17,910 --> 01:32:15,760

you know being cut on and so on can i

2751
01:32:22,310 --> 01:32:17,920
answer what i think rupert may say

2752
01:32:25,110 --> 01:32:22,320
sure did you experience non-experience

2753
01:32:25,590 --> 01:32:25,120
yeah that's exactly what he might say

2754
01:32:27,510 --> 01:32:25,600
and he

2755
01:32:29,590 --> 01:32:27,520
so just because you didn't feel a level

2756
01:32:30,950 --> 01:32:29,600
of continuity you still experienced you

2757
01:32:32,709 --> 01:32:30,960
were only awake you were only

2758
01:32:35,990 --> 01:32:32,719
experiencing what you experienced

2759
01:32:39,030 --> 01:32:36,000
and to at that level there was

2760
01:32:41,270 --> 01:32:39,040
there's continuity between experience i

2761
01:32:42,629 --> 01:32:41,280
i i think you nailed it i think and

2762
01:32:45,910 --> 01:32:42,639
what's interesting though so

2763
01:32:48,229 --> 01:32:45,920

my mind told a story after the fact of

2764

01:32:49,350 --> 01:32:48,239

what that experience was it constructed

2765

01:32:50,790 --> 01:32:49,360

a reality

2766

01:32:52,790 --> 01:32:50,800

to fit you know because i'd never

2767

01:32:56,149 --> 01:32:52,800

experienced that i was like what

2768

01:32:57,669 --> 01:32:56,159

this is crazy and um and

2769

01:32:59,750 --> 01:32:57,679

and so after the fact it was like well

2770

01:33:01,590 --> 01:32:59,760

maybe i was maybe consciousness turned

2771

01:33:02,310 --> 01:33:01,600

off or maybe i wasn't forming memories

2772

01:33:03,669 --> 01:33:02,320

and maybe

2773

01:33:05,350 --> 01:33:03,679

and it stuck with me like oh that was

2774

01:33:07,830 --> 01:33:05,360

the one experience i had of

2775

01:33:08,950 --> 01:33:07,840

you know propofol just you're out were

2776

01:33:11,430 --> 01:33:08,960

you in the mouth

2777

01:33:12,310 --> 01:33:11,440

afterward what's that were you affable

2778

01:33:15,030 --> 01:33:12,320

afterward

2779

01:33:16,390 --> 01:33:15,040

so this congenial this here's something

2780

01:33:17,669 --> 01:33:16,400

interesting that i found out after the

2781

01:33:19,990 --> 01:33:17,679

fact so propofol

2782

01:33:21,510 --> 01:33:20,000

tends to do that people wake up they

2783

01:33:23,189 --> 01:33:21,520

don't remember and they're really

2784

01:33:25,510 --> 01:33:23,199

amorous with the nurses and

2785

01:33:26,950 --> 01:33:25,520

you know like hey baby you know and the

2786

01:33:28,229 --> 01:33:26,960

thing is my surgery was a penis

2787

01:33:30,390 --> 01:33:28,239

reduction surgery

2788

01:33:31,990 --> 01:33:30,400

so it's something that most men you know

2789

01:33:32,950 --> 01:33:32,000

dream of and i just had to do it out of

2790

01:33:36,070 --> 01:33:32,960

necessity

2791

01:33:38,790 --> 01:33:36,080

so so so the thing was i had

2792

01:33:41,350 --> 01:33:38,800

i had the sense looking at the nurse

2793

01:33:43,830 --> 01:33:41,360

afterwards that i'd been yapping

2794

01:33:45,510 --> 01:33:43,840

and i didn't ask her but i sensed that

2795

01:33:47,270 --> 01:33:45,520

was the case now if that were true

2796

01:33:48,629 --> 01:33:47,280

then any experience i had afterwards of

2797

01:33:50,629 --> 01:33:48,639

discontinuity

2798

01:33:52,310 --> 01:33:50,639

has no relevance to reality because i

2799

01:33:54,229 --> 01:33:52,320

was awakened talking

2800

01:33:55,510 --> 01:33:54,239

right and a lot of people who've had

2801
01:33:57,030 --> 01:33:55,520
propofol will say the same thing they'll

2802
01:33:58,709 --> 01:33:57,040
have absolutely no memory of that it's

2803
01:34:00,870 --> 01:33:58,719
an amnestic so you just

2804
01:34:02,149 --> 01:34:00,880
memory's gone right so re actually

2805
01:34:03,030 --> 01:34:02,159
rethinking about this because i hadn't

2806
01:34:04,229 --> 01:34:03,040
thought about it

2807
01:34:07,189 --> 01:34:04,239
you know you've prompted me to think

2808
01:34:09,110 --> 01:34:07,199
about this which you seem to freaking do

2809
01:34:10,310 --> 01:34:09,120
in your interviews so many of your

2810
01:34:11,669 --> 01:34:10,320
guests go you know i've never thought of

2811
01:34:12,629 --> 01:34:11,679
it this way i've actually never thought

2812
01:34:14,629 --> 01:34:12,639
of it this way

2813
01:34:16,870 --> 01:34:14,639

until kurt said something that prompted

2814

01:34:20,149 --> 01:34:16,880

me that's one of your true gifts man

2815

01:34:23,350 --> 01:34:20,159

so think about it now again i'm like

2816

01:34:25,189 --> 01:34:23,360

probably my assessment of it is not

2817

01:34:27,030 --> 01:34:25,199

correct but that was something that sam

2818

01:34:28,390 --> 01:34:27,040

had challenged uh rupert on and then

2819

01:34:30,390 --> 01:34:28,400

they'd kind of gone off the rails

2820

01:34:32,070 --> 01:34:30,400

a little bit after that i remember being

2821

01:34:33,350 --> 01:34:32,080

under anesthesia i remember waking up

2822

01:34:34,950 --> 01:34:33,360

and just telling the person next to his

2823

01:34:35,350 --> 01:34:34,960

wisdom teeth telling the person next to

2824

01:34:37,430 --> 01:34:35,360

me

2825

01:34:38,709 --> 01:34:37,440

it's great you're going to be fine i

2826

01:34:42,070 --> 01:34:38,719

just love

2827

01:34:43,270 --> 01:34:42,080

reassuring this person but i don't think

2828

01:34:44,870 --> 01:34:43,280

i was funny

2829

01:34:46,629 --> 01:34:44,880

i think that was it and then i just

2830

01:34:49,270 --> 01:34:46,639

remember being wobbly toward the car

2831

01:34:51,109 --> 01:34:49,280

okay getting back to non-dualism i have

2832

01:34:54,790 --> 01:34:51,119

some questions for you if you don't mind

2833

01:34:56,870 --> 01:34:54,800

yeah is the claim that

2834

01:34:59,109 --> 01:34:56,880

is that what's fundamental what's

2835

01:35:16,149 --> 01:34:59,119

indispensable primitive and so on

2836

01:35:19,910 --> 01:35:18,550

now i'm i can't claim to be expert or

2837

01:35:23,510 --> 01:35:19,920

stable in this

2838

01:35:27,270 --> 01:35:25,109

try to imagine and this is not

2839

01:35:31,830 --> 01:35:27,280

imaginable but it you can kind of

2840

01:35:34,310 --> 01:35:31,840

glance at it imagine that there's

2841

01:35:35,990 --> 01:35:34,320

nothing but that even nothing is not the

2842

01:35:36,790 --> 01:35:36,000

right descriptor because that implies

2843

01:35:38,709 --> 01:35:36,800

that there

2844

01:35:40,709 --> 01:35:38,719

is a thing that you're comparing it to

2845

01:35:45,430 --> 01:35:40,719

it's almost just

2846

01:35:49,350 --> 01:35:47,270

okay okay well if it's potential to me

2847

01:35:50,870 --> 01:35:49,360

that means that there's a pluristic

2848

01:35:52,149 --> 01:35:50,880

notion it's not non-dual

2849

01:35:55,109 --> 01:35:52,159

because there's multiple within a

2850

01:36:01,510 --> 01:35:55,119

potential you could be many

2851

01:36:09,350 --> 01:36:05,510

um that potentiality

2852

01:36:13,669 --> 01:36:09,360

by its nature arises

2853

01:36:18,070 --> 01:36:16,629

that are in themselves made of nothing

2854

01:36:19,510 --> 01:36:18,080

it's almost like you know rupert's

2855

01:36:22,950 --> 01:36:19,520

analogy of

2856

01:36:25,910 --> 01:36:22,960

the the film on a the film projector

2857

01:36:27,910 --> 01:36:25,920

putting light on a screen if the screen

2858

01:36:29,669 --> 01:36:27,920

was this empty potential

2859

01:36:31,750 --> 01:36:29,679

you know the light dances on it but it's

2860

01:36:35,270 --> 01:36:31,760

not substantial in itself

2861

01:36:37,590 --> 01:36:35,280

it's it's it's a um

2862

01:36:38,950 --> 01:36:37,600

it's a manifestation that this thing

2863

01:36:41,750 --> 01:36:38,960

just does it's like

2864

01:36:42,709 --> 01:36:41,760

a primitive urge to just manifest and

2865

01:36:45,830 --> 01:36:42,719

even what i'm saying

2866

01:36:48,229 --> 01:36:45,840

sounds crazy but that's what it

2867

01:36:49,750 --> 01:36:48,239

kind of feels like when you glance on

2868

01:36:52,390 --> 01:36:49,760

that and there are those who've

2869

01:36:54,310 --> 01:36:52,400

really gone deep into that experience my

2870

01:36:55,990 --> 01:36:54,320

friend angelo would describe it as

2871

01:36:58,229 --> 01:36:56,000

it's the experience of everything

2872

01:36:59,990 --> 01:36:58,239

happening like a foaming

2873

01:37:01,510 --> 01:37:00,000

gel like phenomenon are just happening

2874

01:37:03,990 --> 01:37:01,520

color shape sounds

2875

01:37:04,950 --> 01:37:04,000

out of even to call it nothing is saying

2876

01:37:06,790 --> 01:37:04,960

too much

2877

01:37:08,310 --> 01:37:06,800

it's interesting to call it nothing is

2878

01:37:09,669 --> 01:37:08,320

saying too much he's saying to call it

2879

01:37:11,030 --> 01:37:09,679

nothing and he'll say this he goes you

2880

01:37:13,350 --> 01:37:11,040

call it nothing and you're already doing

2881

01:37:16,629 --> 01:37:13,360

it a disservice it's not that it's

2882

01:37:19,350 --> 01:37:16,639

it it in this it it foams this reality

2883

01:37:21,910 --> 01:37:19,360

that is entirely empty of substance

2884

01:37:22,790 --> 01:37:21,920

and that then foams into the same no

2885

01:37:25,030 --> 01:37:22,800

thing

2886

01:37:27,270 --> 01:37:25,040

that it came from and that's happening

2887

01:37:29,270 --> 01:37:27,280

every iota of the now

2888

01:37:30,709 --> 01:37:29,280

and that's reality and he says one other

2889

01:37:32,709 --> 01:37:30,719

thing that he says at the very

2890

01:37:33,830 --> 01:37:32,719

end of this sort of journey is that the

2891

01:37:35,270 --> 01:37:33,840

one thing you realize that's very

2892

01:37:36,390 --> 01:37:35,280

destabilizing to people who when you

2893

01:37:39,350 --> 01:37:36,400

tell it to them is

2894

01:37:41,189 --> 01:37:39,360

there's no way that things actually are

2895

01:37:43,109 --> 01:37:41,199

and even that statement

2896

01:37:45,189 --> 01:37:43,119

makes no sense to the to the rational

2897

01:37:49,189 --> 01:37:45,199

mind but he says that is the truth

2898

01:37:51,270 --> 01:37:49,199

it's just happening by itself and

2899

01:37:52,550 --> 01:37:51,280

even that is like and now i'm trying to

2900

01:37:53,510 --> 01:37:52,560

describe how he would describe it and i

2901
01:37:55,750 --> 01:37:53,520
can't

2902
01:37:57,669 --> 01:37:55,760
and uh it's really fascinating and you

2903
01:37:58,550 --> 01:37:57,679
wonder if he's in any way barking up the

2904
01:38:00,470 --> 01:37:58,560
right tree

2905
01:38:01,990 --> 01:38:00,480
that the true nature of reality could be

2906
01:38:03,590 --> 01:38:02,000
even more and

2907
01:38:05,830 --> 01:38:03,600
wonderful and i said well isn't that

2908
01:38:08,790 --> 01:38:05,840
nihilism isn't that

2909
01:38:09,990 --> 01:38:08,800
my next point it sounds like a pretext

2910
01:38:11,669 --> 01:38:10,000
to nihilism

2911
01:38:13,109 --> 01:38:11,679
right it sounds like well that's the

2912
01:38:14,709 --> 01:38:13,119
worst thing i've ever heard and actually

2913
01:38:17,510 --> 01:38:14,719

as the human mind

2914

01:38:18,310 --> 01:38:17,520

reads it in his book on the stages of

2915

01:38:19,750 --> 01:38:18,320

awakening

2916

01:38:20,870 --> 01:38:19,760

he says listen guys don't read this if

2917

01:38:22,550 --> 01:38:20,880

you're easily triggered because this is

2918

01:38:23,990 --> 01:38:22,560

going to trigger some feelings for you

2919

01:38:25,910 --> 01:38:24,000

and all i'm going to tell you is it's

2920

01:38:27,430 --> 01:38:25,920

okay the punch line is everything's

2921

01:38:28,470 --> 01:38:27,440

better than okay it's beyond okay and

2922

01:38:28,950 --> 01:38:28,480

you're like what the hell do you mean by

2923

01:38:30,149 --> 01:38:28,960

that

2924

01:38:32,149 --> 01:38:30,159

and you read it and you just want to

2925

01:38:33,030 --> 01:38:32,159

throw the book in the trash you're like

2926

01:38:34,950 --> 01:38:33,040

i'm sorry

2927

01:38:36,229 --> 01:38:34,960

the punch line is everything's nothing

2928

01:38:37,030 --> 01:38:36,239

and it's coming into nothing and there's

2929

01:38:38,790 --> 01:38:37,040

no way things

2930

01:38:40,149 --> 01:38:38,800

are what the hell that sounds like the

2931

01:38:42,870 --> 01:38:40,159

worst kind of nihilism

2932

01:38:44,470 --> 01:38:42,880

it defeats any human impulse to even be

2933

01:38:47,830 --> 01:38:44,480

compassionate like why

2934

01:38:51,510 --> 01:38:47,840

and what he will say is trust me

2935

01:38:53,750 --> 01:38:51,520

when you experience it you will

2936

01:38:55,109 --> 01:38:53,760

you will know that it is beyond okay it

2937

01:38:57,590 --> 01:38:55,119

is actually

2938

01:38:59,030 --> 01:38:57,600

the best news you could ever imagine and

2939

01:39:01,189 --> 01:38:59,040

he says you can't describe

2940

01:39:03,270 --> 01:39:01,199

that in words it's just everything

2941

01:39:06,310 --> 01:39:03,280

happens perfectly as it should

2942

01:39:07,990 --> 01:39:06,320

and that means that even suffering even

2943

01:39:10,709 --> 01:39:08,000

the experience of suffering

2944

01:39:12,629 --> 01:39:10,719

is exactly in its right place at its

2945

01:39:15,189 --> 01:39:12,639

right time and there's

2946

01:39:15,990 --> 01:39:15,199

no you to fret about it but it doesn't

2947

01:39:18,229 --> 01:39:16,000

mean you don't

2948

01:39:20,310 --> 01:39:18,239

feel it intensely and that you can't

2949

01:39:22,870 --> 01:39:20,320

experience life in the relative

2950

01:39:23,990 --> 01:39:22,880

in a in a profound way that you can bear

2951
01:39:24,950 --> 01:39:24,000
the kind of suffering that you would

2952
01:39:27,830 --> 01:39:24,960
never have beard

2953
01:39:28,870 --> 01:39:27,840
feeling you're a this and again that

2954
01:39:31,830 --> 01:39:28,880
sounds crazy

2955
01:39:32,790 --> 01:39:31,840
he says until you experience it what i'm

2956
01:39:34,790 --> 01:39:32,800
wondering is

2957
01:39:35,990 --> 01:39:34,800
you just mentioned while we're talking

2958
01:39:41,430 --> 01:39:36,000
about nihilism

2959
01:39:44,229 --> 01:39:41,440
why isn't where in that is

2960
01:39:45,030 --> 01:39:44,239
the statement that promulgating infinite

2961
01:39:48,950 --> 01:39:45,040
suffering or

2962
01:39:52,550 --> 01:39:48,960
or a large amount of suffering wrong

2963
01:39:54,229 --> 01:39:52,560

so why why can i not run amok

2964

01:39:56,149 --> 01:39:54,239

and murder and rape and pillage and so

2965

01:40:00,070 --> 01:39:56,159

on yeah it's all

2966

01:40:01,030 --> 01:40:00,080

nothing it's all okay where's the moral

2967

01:40:03,510 --> 01:40:01,040

compass

2968

01:40:04,790 --> 01:40:03,520

like where where's the directive when we

2969

01:40:06,470 --> 01:40:04,800

had god we could say

2970

01:40:07,990 --> 01:40:06,480

there's a judgment here there's a

2971

01:40:09,830 --> 01:40:08,000

morality that's set

2972

01:40:11,350 --> 01:40:09,840

out in the ten commandments and so on

2973

01:40:13,270 --> 01:40:11,360

thou shalt not

2974

01:40:15,270 --> 01:40:13,280

where is the morality in an emptiness

2975

01:40:16,870 --> 01:40:15,280

that manifests reality

2976

01:40:19,350 --> 01:40:16,880

only in the present moment with no

2977

01:40:21,830 --> 01:40:19,360

future or past and no self

2978

01:40:22,790 --> 01:40:21,840

what's to keep you from running amok or

2979

01:40:25,910 --> 01:40:22,800

what's to say

2980

01:40:29,189 --> 01:40:25,920

you shouldn't well

2981

01:40:31,750 --> 01:40:29,199

here is what they would say

2982

01:40:32,709 --> 01:40:31,760

and again take it with what what you

2983

01:40:34,149 --> 01:40:32,719

will

2984

01:40:36,709 --> 01:40:34,159

when you've had that experience where

2985

01:40:39,750 --> 01:40:36,719

you act from that space

2986

01:40:43,189 --> 01:40:39,760

there is no desire to do anything

2987

01:40:46,550 --> 01:40:43,199

to another manifestation of this

2988

01:40:47,350 --> 01:40:46,560

because if you are doing it it's all one

2989

01:40:50,310 --> 01:40:47,360

thing so

2990

01:40:51,830 --> 01:40:50,320

what's even the point of hurting someone

2991

01:40:54,629 --> 01:40:51,840

and i had one person who

2992

01:40:56,310 --> 01:40:54,639

was wide awake who had this experience

2993

01:40:57,189 --> 01:40:56,320

to an extreme realization who i've

2994

01:40:58,629 --> 01:40:57,199

spoken with

2995

01:41:00,390 --> 01:40:58,639

to the point where just talking to him

2996

01:41:01,750 --> 01:41:00,400

will put you in the in a state

2997

01:41:03,669 --> 01:41:01,760

and he was the one who pointed me to

2998

01:41:03,990 --> 01:41:03,679

that sutra that says in the scene will be

2999

01:41:05,669 --> 01:41:04,000

merely

3000

01:41:07,750 --> 01:41:05,679

what is seen and when he did that with

3001

01:41:09,510 --> 01:41:07,760

me i had the experience

3002

01:41:10,950 --> 01:41:09,520

that was the guy who was 24 when he had

3003

01:41:12,790 --> 01:41:10,960

that experience

3004

01:41:14,790 --> 01:41:12,800

different guy so this is this is a guy

3005

01:41:18,310 --> 01:41:14,800

who's an electrician

3006

01:41:22,550 --> 01:41:18,320

who had an awakening in recovery

3007

01:41:25,990 --> 01:41:22,560

for alcohol you know in his early 30s

3008

01:41:27,109 --> 01:41:26,000

family and had a profound awakening and

3009

01:41:28,950 --> 01:41:27,119

since has

3010

01:41:30,870 --> 01:41:28,960

further realized you know further

3011

01:41:32,470 --> 01:41:30,880

stabilized his realization and

3012

01:41:34,629 --> 01:41:32,480

and was pointed to me by another person

3013

01:41:36,310 --> 01:41:34,639

and and uh what he says is because i

3014

01:41:37,750 --> 01:41:36,320

asked him this exactly this i said well

3015

01:41:39,669 --> 01:41:37,760

what you're describing to me now because

3016

01:41:41,590 --> 01:41:39,679

he'll just talk he will

3017

01:41:43,350 --> 01:41:41,600

try to point for you know an hour

3018

01:41:45,590 --> 01:41:43,360

straight and i'll sit on the phone

3019

01:41:46,790 --> 01:41:45,600

just being pointed to trying not to

3020

01:41:48,870 --> 01:41:46,800

intellectualize too much but

3021

01:41:51,189 --> 01:41:48,880

you can't help it so i say what's to

3022

01:41:53,430 --> 01:41:51,199

stop you from being a complete [h__h]

3023

01:41:55,189 --> 01:41:53,440

because it sounds to me that you still

3024

01:41:56,950 --> 01:41:55,199

have two daughters that you deeply love

3025

01:41:58,310 --> 01:41:56,960

and a wife that you deeply love and you

3026

01:42:00,229 --> 01:41:58,320

continue to do your job as an

3027

01:42:01,430 --> 01:42:00,239

electrician and

3028

01:42:03,030 --> 01:42:01,440

yet you're telling me the nature of

3029

01:42:04,870 --> 01:42:03,040

reality is this and by the way he points

3030

01:42:06,310 --> 01:42:04,880

to exactly the same thing that angelo

3031

01:42:08,870 --> 01:42:06,320

pointed to

3032

01:42:09,590 --> 01:42:08,880

and so what's the deal and he goes he

3033

01:42:12,709 --> 01:42:09,600

goes bro

3034

01:42:15,350 --> 01:42:12,719

i just got to tell you when you

3035

01:42:17,510 --> 01:42:15,360

experience this you have no like i will

3036

01:42:18,550 --> 01:42:17,520

not step on an ant if i can avoid it i

3037

01:42:20,629 --> 01:42:18,560

will not

3038

01:42:22,149 --> 01:42:20,639

harm anything i will go out of my way i

3039

01:42:23,990 --> 01:42:22,159

hate cockroaches i now

3040

01:42:25,189 --> 01:42:24,000

pick them up with a thing and throw them

3041

01:42:26,709 --> 01:42:25,199

outside because

3042

01:42:28,390 --> 01:42:26,719

hurting another thing it feels like i'm

3043

01:42:30,310 --> 01:42:28,400

hurting myself

3044

01:42:31,750 --> 01:42:30,320

and i and i i couldn't comprehend that

3045

01:42:33,270 --> 01:42:31,760

even intellectually i still with there's

3046

01:42:35,910 --> 01:42:33,280

no self who are you hurting

3047

01:42:36,950 --> 01:42:35,920

but he said they're just it's just that

3048

01:42:39,270 --> 01:42:36,960

way

3049

01:42:40,149 --> 01:42:39,280

now that then you have to juxtapose with

3050

01:42:41,510 --> 01:42:40,159

people who

3051

01:42:43,270 --> 01:42:41,520

apparently have had quite profound

3052

01:42:46,310 --> 01:42:43,280

awakenings who behave in

3053

01:42:48,229 --> 01:42:46,320

reprehensible ways you know um

3054

01:42:49,350 --> 01:42:48,239

the andrew cohens and certain zen

3055

01:42:51,430 --> 01:42:49,360

masters and so on who

3056

01:42:53,030 --> 01:42:51,440

you know sexually taken advantage of

3057

01:42:55,830 --> 01:42:53,040

their students and

3058

01:42:58,070 --> 01:42:55,840

have never done the work on themselves

3059

01:42:59,910 --> 01:42:58,080

they've like spiritually bypassed

3060

01:43:01,270 --> 01:42:59,920

all their own baggage and that baggage

3061

01:43:02,790 --> 01:43:01,280

still comes out unconsciously or

3062

01:43:04,629 --> 01:43:02,800

consciously and they behave in

3063

01:43:06,390 --> 01:43:04,639

what we would classify as reprehensible

3064

01:43:11,189 --> 01:43:06,400

ways so

3065

01:43:13,189 --> 01:43:11,199

you know i i don't know the answer

3066

01:43:14,870 --> 01:43:13,199

okay so i understand if you were to

3067

01:43:16,390 --> 01:43:14,880

experience that you get to a place where

3068

01:43:18,870 --> 01:43:16,400

you would no longer act in a

3069

01:43:19,990 --> 01:43:18,880

manner that promulgates suffering but

3070

01:43:21,510 --> 01:43:20,000

what's to say that

3071

01:43:23,430 --> 01:43:21,520

those who are currently promulgating

3072

01:43:26,709 --> 01:43:23,440

suffering

3073

01:43:29,990 --> 01:43:26,719

are wrong to do so yeah

3074

01:43:32,310 --> 01:43:30,000

they they aren't from this viewpoint

3075

01:43:35,750 --> 01:43:32,320

they're just right so it doesn't so this

3076

01:43:37,270 --> 01:43:35,760

sounds like so this is nihilism then no

3077

01:43:38,550 --> 01:43:37,280

so again i guess it depends on how

3078

01:43:39,350 --> 01:43:38,560

you're talking about nihilism but but

3079

01:43:41,910 --> 01:43:39,360

the idea that

3080

01:43:43,270 --> 01:43:41,920

you would you'd be compelled not to

3081

01:43:45,270 --> 01:43:43,280

generate suffering

3082

01:43:46,709 --> 01:43:45,280

so what you exude in the in the world

3083

01:43:48,870 --> 01:43:46,719

would be something that

3084

01:43:50,070 --> 01:43:48,880

actually reduces suffering but you could

3085

01:43:51,990 --> 01:43:50,080

look at suffering

3086

01:43:54,149 --> 01:43:52,000

and what angela describes to me is he

3087

01:43:55,590 --> 01:43:54,159

says when he sees suffering he feels it

3088

01:43:58,470 --> 01:43:55,600

intensely and purely

3089

01:43:59,030 --> 01:43:58,480

but without self he feels it and there

3090

01:44:02,390 --> 01:43:59,040

is

3091

01:44:04,470 --> 01:44:02,400

you don't

3092

01:44:06,070 --> 01:44:04,480

want to tolerate suffering and he told

3093

01:44:07,510 --> 01:44:06,080

me the story actually about

3094

01:44:09,830 --> 01:44:07,520

i can't repeat the story but it was

3095

01:44:11,830 --> 01:44:09,840

about standing up for somebody

3096

01:44:13,350 --> 01:44:11,840

in a very difficult situation where he

3097

01:44:16,790 --> 01:44:13,360

had to intervene

3098

01:44:18,629 --> 01:44:16,800

and this is as a fully awake person so

3099

01:44:20,229 --> 01:44:18,639

it's interesting and again not being in

3100

01:44:23,030 --> 01:44:20,239

that state i can't speak

3101
01:44:24,149 --> 01:44:23,040
from that state but the sense i get is

3102
01:44:25,590 --> 01:44:24,159
it is okay now

3103
01:44:28,709 --> 01:44:25,600
one thing i want to clarify that i said

3104
01:44:30,229 --> 01:44:28,719
about these gurus who go around um

3105
01:44:32,149 --> 01:44:30,239
yeah i think this is a very important

3106
01:44:33,270 --> 01:44:32,159
thing that angelo pointed out to me and

3107
01:44:36,550 --> 01:44:33,280
i think it's true

3108
01:44:38,870 --> 01:44:36,560
from my own limited experience

3109
01:44:40,950 --> 01:44:38,880
the the ego mind in other words our mind

3110
01:44:43,510 --> 01:44:40,960
our structures of conditioning and so on

3111
01:44:44,149 --> 01:44:43,520
it does not take waking up to this

3112
01:44:46,709 --> 01:44:44,159
lightly

3113
01:44:47,990 --> 01:44:46,719

it doesn't take it sitting down it even

3114

01:44:51,030 --> 01:44:48,000

after awakenings

3115

01:44:52,870 --> 01:44:51,040

people then have to contend with strong

3116

01:44:54,870 --> 01:44:52,880

unconscious feelings you know what

3117

01:44:56,629 --> 01:44:54,880

young would call the shadow and all of

3118

01:44:58,470 --> 01:44:56,639

this those arise

3119

01:44:59,910 --> 01:44:58,480

and in fact they're felt you can't avoid

3120

01:45:02,070 --> 01:44:59,920

them now because the

3121

01:45:03,990 --> 01:45:02,080

the mechanisms of thought projection to

3122

01:45:04,310 --> 01:45:04,000

get out of feeling difficult emotions

3123

01:45:07,590 --> 01:45:04,320

and

3124

01:45:08,870 --> 01:45:07,600

becomes untenable it becomes

3125

01:45:12,310 --> 01:45:08,880

uncomfortable for you so

3126

01:45:14,070 --> 01:45:12,320

you have to face this but some sometimes

3127

01:45:15,350 --> 01:45:14,080

and more often than not the ego

3128

01:45:18,470 --> 01:45:15,360

reasserts itself and

3129

01:45:20,070 --> 01:45:18,480

co-ops the story of awakening to i am

3130

01:45:23,189 --> 01:45:20,080

the awakened one

3131

01:45:24,950 --> 01:45:23,199

who now is the guru who now has power

3132

01:45:26,390 --> 01:45:24,960

who now unconsciously is getting

3133

01:45:28,629 --> 01:45:26,400

validation from the students

3134

01:45:30,470 --> 01:45:28,639

who now is going to fulfill some of

3135

01:45:32,149 --> 01:45:30,480

these unconscious desires for worthiness

3136

01:45:32,950 --> 01:45:32,159

by having sex with a student or whatever

3137

01:45:35,669 --> 01:45:32,960

it is

3138

01:45:37,109 --> 01:45:35,679

so i think that's true and angela's

3139

01:45:39,270 --> 01:45:37,119

pointed out to me said even some of the

3140

01:45:41,750 --> 01:45:39,280

biggest teachers that you see on youtube

3141

01:45:43,430 --> 01:45:41,760

they have signs of this kind of ego

3142

01:45:45,430 --> 01:45:43,440

thing everybody does because

3143

01:45:47,109 --> 01:45:45,440

that's just we're so conditioned as

3144

01:45:48,550 --> 01:45:47,119

humans it's it's very difficult to

3145

01:45:51,830 --> 01:45:48,560

transcend it entirely

3146

01:45:53,109 --> 01:45:51,840

and still live in the relative world so

3147

01:45:55,030 --> 01:45:53,119

you know he says you know even when you

3148

01:45:56,870 --> 01:45:55,040

start spiritual pursuits the ego sitting

3149

01:45:58,390 --> 01:45:56,880

there in a hammock sipping a mojito

3150

01:45:59,510 --> 01:45:58,400

going oh you want to do spirituality i

3151

01:46:01,830 --> 01:45:59,520

got you i've been doing this for

3152

01:46:04,229 --> 01:46:01,840

thousands of years i'll even help you

3153

01:46:05,669 --> 01:46:04,239

and it kind of co-opts the story and i

3154

01:46:07,350 --> 01:46:05,679

i'm actually guilty of that too even

3155

01:46:08,470 --> 01:46:07,360

telling the story from a position of ego

3156

01:46:10,790 --> 01:46:08,480

feels

3157

01:46:13,030 --> 01:46:10,800

a little creepy right what would he say

3158

01:46:14,790 --> 01:46:13,040

what was this person's name again

3159

01:46:16,470 --> 01:46:14,800

angelo delulo i've done a few shows with

3160

01:46:20,070 --> 01:46:16,480

him i can link you up with him sure

3161

01:46:21,830 --> 01:46:20,080

angela would what would angelo

3162

01:46:24,149 --> 01:46:21,840

in order to stop a larger amount of

3163

01:46:26,390 --> 01:46:24,159

suffering

3164

01:46:28,950 --> 01:46:26,400

commit himself to a smaller amount of

3165

01:46:31,910 --> 01:46:28,960

suffering so for example

3166

01:46:33,350 --> 01:46:31,920

you hit the child in order to stop them

3167

01:46:36,709 --> 01:46:33,360

from

3168

01:46:39,990 --> 01:46:36,719

jumping down a stairwell or

3169

01:46:41,990 --> 01:46:40,000

you execute someone if they said

3170

01:46:43,430 --> 01:46:42,000

as soon as i'm out of this prison even

3171

01:46:47,109 --> 01:46:43,440

within the prison i'm going to

3172

01:46:48,950 --> 01:46:47,119

harm and torture and maim so is he for

3173

01:46:50,390 --> 01:46:48,960

what would he do in that situation or

3174

01:46:52,149 --> 01:46:50,400

just let's imagine a fight is about to

3175

01:46:54,070 --> 01:46:52,159

break out and the only way

3176

01:46:55,750 --> 01:46:54,080

the only way to stop this person as far

3177

01:46:58,070 --> 01:46:55,760

as he can conceive

3178

01:46:59,350 --> 01:46:58,080

the only way is to knock this person on

3179

01:47:00,790 --> 01:46:59,360

their head creating a minor amount of

3180

01:47:03,430 --> 01:47:00,800

suffering in order to save a larger

3181

01:47:05,270 --> 01:47:03,440

amount what would he do

3182

01:47:07,750 --> 01:47:05,280

so i can't speak to what he would do i

3183

01:47:08,070 --> 01:47:07,760

can only give an example of what he has

3184

01:47:10,149 --> 01:47:08,080

done

3185

01:47:11,830 --> 01:47:10,159

and told me and that was in the process

3186

01:47:15,030 --> 01:47:11,840

of standing up for this person who was

3187

01:47:18,470 --> 01:47:15,040

much lower in a medical hierarchy

3188

01:47:21,750 --> 01:47:18,480

he had to tell some very difficult and

3189

01:47:25,270 --> 01:47:21,760

painful truths to another person

3190

01:47:28,310 --> 01:47:25,280

standing up and that

3191

01:47:30,229 --> 01:47:28,320

caused intense unpleasantness in the now

3192

01:47:31,910 --> 01:47:30,239

moment that it was happening and that's

3193

01:47:34,629 --> 01:47:31,920

how it was described to me

3194

01:47:35,750 --> 01:47:34,639

and so in a way it generated suffering

3195

01:47:37,590 --> 01:47:35,760

then and there

3196

01:47:38,950 --> 01:47:37,600

for the the object i don't know if it

3197

01:47:41,430 --> 01:47:38,960

generated suffering for

3198

01:47:42,629 --> 01:47:41,440

angelo i can't speak to that but it was

3199

01:47:45,030 --> 01:47:42,639

clear that it did

3200

01:47:46,950 --> 01:47:45,040

but the longer term consequence was a

3201

01:47:48,470 --> 01:47:46,960

relief of suffering and a changing of

3202

01:47:51,830 --> 01:47:48,480

behavior and so on

3203

01:47:52,709 --> 01:47:51,840

so it's really it's really tough to say

3204

01:47:54,310 --> 01:47:52,719

what he would do but

3205

01:47:56,310 --> 01:47:54,320

i think that that that's kind of how i

3206

01:47:56,950 --> 01:47:56,320

think about it and again i i you know

3207

01:48:00,229 --> 01:47:56,960

nobody's

3208

01:48:01,750 --> 01:48:00,239

i think our our humanness our ego mind

3209

01:48:03,830 --> 01:48:01,760

interposes and i want to read one

3210

01:48:05,590 --> 01:48:03,840

comment here in the thread on facebook

3211

01:48:06,950 --> 01:48:05,600

laura ann hartman says spiritual

3212

01:48:09,590 --> 01:48:06,960

bypasses

3213

01:48:10,950 --> 01:48:09,600

are toxic familiar with that term kurt

3214

01:48:12,310 --> 01:48:10,960

spiritual bypass

3215

01:48:14,149 --> 01:48:12,320

okay so this is what that means and it

3216

01:48:16,229 --> 01:48:14,159

points to this

3217

01:48:17,350 --> 01:48:16,239

spiritual bypass is where you wake up

3218

01:48:19,189 --> 01:48:17,360

spiritually in other words you're like

3219

01:48:20,709 --> 01:48:19,199

oh everything's one we're all

3220

01:48:21,270 --> 01:48:20,719

consciousness or whatever there's no

3221

01:48:23,189 --> 01:48:21,280

self

3222

01:48:24,629 --> 01:48:23,199

and you know i'm here now there's only

3223

01:48:27,830 --> 01:48:24,639

the now but you

3224

01:48:28,629 --> 01:48:27,840

never you use that to bypass all the

3225

01:48:30,149 --> 01:48:28,639

baggage

3226

01:48:32,470 --> 01:48:30,159

that you've been carrying around all

3227

01:48:34,870 --> 01:48:32,480

your neuroses and unconscious

3228

01:48:36,950 --> 01:48:34,880

uh issues and psychological baggage and

3229

01:48:38,390 --> 01:48:36,960

so you feel like you're very awake but

3230

01:48:39,830 --> 01:48:38,400

in reality you're acting in the world

3231

01:48:41,669 --> 01:48:39,840

and people will tell you you're kind of

3232

01:48:43,350 --> 01:48:41,679

a bigger [h__h] than you ever were

3233

01:48:45,830 --> 01:48:43,360

since you had this enlightenment

3234

01:48:47,669 --> 01:48:45,840

experience and

3235

01:48:49,270 --> 01:48:47,679

some people call that zen stink it's

3236

01:48:50,310 --> 01:48:49,280

like another another term for it like

3237

01:48:52,310 --> 01:48:50,320

you walk around like

3238

01:48:53,430 --> 01:48:52,320

you're this thing and and that's a real

3239

01:48:55,430 --> 01:48:53,440

phenomenon i think is

3240

01:48:57,350 --> 01:48:55,440

is people want to escape their pain by

3241

01:48:58,390 --> 01:48:57,360

bypassing ever addressing it now angelo

3242

01:48:59,750 --> 01:48:58,400

in his book

3243

01:49:00,870 --> 01:48:59,760

that he talked about on the show called

3244

01:49:02,470 --> 01:49:00,880

awake it's your turn it's like a

3245

01:49:05,030 --> 01:49:02,480

self-published thing it's on amazon

3246

01:49:06,470 --> 01:49:05,040

he has a whole chapter on like no you've

3247

01:49:09,830 --> 01:49:06,480

got to go then and dive

3248

01:49:12,470 --> 01:49:09,840

into your emotional emotional state and

3249

01:49:12,870 --> 01:49:12,480

feel what you're repressing and look at

3250

01:49:15,830 --> 01:49:12,880

thought

3251

01:49:17,510 --> 01:49:15,840

creates a sense of identity looking at

3252

01:49:20,070 --> 01:49:17,520

the structures of self

3253

01:49:21,510 --> 01:49:20,080

as they create themselves is the only

3254

01:49:23,350 --> 01:49:21,520

way to understand

3255

01:49:24,870 --> 01:49:23,360

how your mind's actually working and

3256

01:49:26,229 --> 01:49:24,880

then be liberated from the suffering

3257

01:49:28,470 --> 01:49:26,239

component

3258

01:49:30,310 --> 01:49:28,480

and one thing i'll say is one thing that

3259

01:49:31,109 --> 01:49:30,320

i have gotten the capacity to do through

3260

01:49:33,109 --> 01:49:31,119

practicing this

3261

01:49:34,550 --> 01:49:33,119

is when i'm in a state of extreme

3262

01:49:38,550 --> 01:49:34,560

suffering which happens

3263

01:49:40,310 --> 01:49:38,560

i will simply the something in my mind

3264

01:49:42,470 --> 01:49:40,320

triggers to remember oh

3265

01:49:43,910 --> 01:49:42,480

look what's happening and just watch

3266

01:49:45,750 --> 01:49:43,920

your mind for a second

3267

01:49:47,510 --> 01:49:45,760

and i'll go all right all right all

3268

01:49:50,229 --> 01:49:47,520

right oh man okay

3269

01:49:51,030 --> 01:49:50,239

feeling this here thoughts racing you

3270

01:49:54,149 --> 01:49:51,040

know

3271

01:49:57,270 --> 01:49:54,159

want to cry just really stressed

3272

01:49:57,589 --> 01:49:57,280

and and then just take a breath and feel

3273

01:50:01,270 --> 01:49:57,599

the

3274

01:50:04,390 --> 01:50:01,280

man dude

3275

01:50:06,470 --> 01:50:04,400

it is like it's like someone took

3276

01:50:08,870 --> 01:50:06,480

360 joules of electricity and

3277

01:50:10,390 --> 01:50:08,880

defibrillated your suffering right there

3278

01:50:12,149 --> 01:50:10,400

it doesn't mean it goes away but it

3279

01:50:15,109 --> 01:50:12,159

resets from a framework

3280

01:50:16,310 --> 01:50:15,119

where within just a few minutes it's

3281

01:50:18,470 --> 01:50:16,320

dissipated

3282

01:50:20,390 --> 01:50:18,480

enough that you're no longer suffering

3283

01:50:22,149 --> 01:50:20,400

like that and i would have thought i was

3284

01:50:24,149 --> 01:50:22,159

crazy if i had heard myself say what i

3285

01:50:24,790 --> 01:50:24,159

just said even like you know five years

3286

01:50:26,550 --> 01:50:24,800

ago

3287

01:50:28,870 --> 01:50:26,560

but it's absolutely in our power so the

3288

01:50:31,189 --> 01:50:28,880

question is whatever the ontological

3289

01:50:32,870 --> 01:50:31,199

metaphysics behind it is there may be

3290

01:50:34,629 --> 01:50:32,880

even simple tools here that

3291

01:50:35,910 --> 01:50:34,639

are practicable and it's not straight

3292

01:50:37,189 --> 01:50:35,920

meditation right because you said

3293

01:50:38,709 --> 01:50:37,199

something that i thought was

3294

01:50:40,629 --> 01:50:38,719

[h__\h] spot on early in our

3295

01:50:41,830 --> 01:50:40,639

conversation man meditation does not

3296

01:50:43,109 --> 01:50:41,840

work for me it may work for others it

3297

01:50:44,310 --> 01:50:43,119

doesn't work for me for this kind of

3298

01:50:46,229 --> 01:50:44,320

thought storm and thing

3299

01:50:48,629 --> 01:50:46,239

i agree like this idea that oh suddenly

3300

01:50:50,310 --> 01:50:48,639

you're gonna focus on your breath

3301
01:50:51,990 --> 01:50:50,320
when the thoughts are coming you know

3302
01:50:53,430 --> 01:50:52,000
maybe those

3303
01:50:55,030 --> 01:50:53,440
should just trigger the more meta

3304
01:50:57,430 --> 01:50:55,040
awareness of hey this is thoughtstorm

3305
01:50:58,470 --> 01:50:57,440
that's not a breath-based vipassana

3306
01:51:00,790 --> 01:50:58,480
meditation you know

3307
01:51:02,070 --> 01:51:00,800
it's a different type of mindfulness but

3308
01:51:03,510 --> 01:51:02,080
it's not a class what we would

3309
01:51:04,830 --> 01:51:03,520
classically call meditation although

3310
01:51:06,070 --> 01:51:04,840
some would argue it's a type of

3311
01:51:07,430 --> 01:51:06,080
meditation

3312
01:51:09,830 --> 01:51:07,440
who are some of these people i should

3313
01:51:11,270 --> 01:51:09,840

3313
speak to angelo's one of them

3314
01:51:12,790 --> 01:51:11,280
if you talk to angela you'd have a great

3315
01:51:14,149 --> 01:51:12,800
conversation it would be a way better

3316
01:51:14,950 --> 01:51:14,159
conversation than i've ever had with him

3317
01:51:19,030 --> 01:51:14,960
because you're so

3318
01:51:21,350 --> 01:51:19,040
uh good at that so angela delulo um

3319
01:51:24,390 --> 01:51:21,360
honestly there are people that are more

3320
01:51:26,950 --> 01:51:24,400
in the rupert spyra spectrum

3321
01:51:28,149 --> 01:51:26,960
on youtube that i don't think you would

3322
01:51:30,950 --> 01:51:28,159
add a lot

3323
01:51:32,709 --> 01:51:30,960
to the conversation talking with them

3324
01:51:36,070 --> 01:51:32,719
beyond what you did with rupert

3325
01:51:38,070 --> 01:51:36,080
but if you talk to angelo uh

3326

01:51:39,669 --> 01:51:38,080

you'd get a totally different angle like

3327

01:51:42,070 --> 01:51:39,679

a totally different angle

3328

01:51:42,709 --> 01:51:42,080

on this and i think i would i would pay

3329

01:51:45,510 --> 01:51:42,719

to see it

3330

01:51:46,390 --> 01:51:45,520

honestly um someone keeps calling me the

3331

01:51:47,990 --> 01:51:46,400

nerd that

3332

01:51:49,910 --> 01:51:48,000

sits at the front of the class who asks

3333

01:51:52,149 --> 01:51:49,920

questions it's the best

3334

01:51:54,550 --> 01:51:52,159

you're you're my hero dude you're you're

3335

01:51:55,990 --> 01:51:54,560

the you i i've been trying to formulate

3336

01:51:57,589 --> 01:51:56,000

you brother because

3337

01:51:59,270 --> 01:51:57,599

it's very rare that i'll watch somebody

3338

01:52:02,390 --> 01:51:59,280

on youtube and be and

3339

01:52:04,950 --> 01:52:02,400

and be simultaneously furious that that

3340

01:52:05,830 --> 01:52:04,960

i can't do that and at the same time

3341

01:52:08,149 --> 01:52:05,840

just like

3342

01:52:09,189 --> 01:52:08,159

jaw drops in awe and and there's

3343

01:52:12,510 --> 01:52:09,199

something in your

3344

01:52:15,669 --> 01:52:12,520

being something in how you your mix of

3345

01:52:18,629 --> 01:52:15,679

intellectualization which is crucial to

3346

01:52:19,030 --> 01:52:18,639

getting at understanding and openness

3347

01:52:21,990 --> 01:52:19,040

like

3348

01:52:22,950 --> 01:52:22,000

beginner's mind uh you know with rupert

3349

01:52:26,229 --> 01:52:22,960

he's he was

3350

01:52:27,589 --> 01:52:26,239

forced to talk about non-duality in ways

3351

01:52:30,629 --> 01:52:27,599

that i don't think he's probably

3352

01:52:32,229 --> 01:52:30,639

ever had to do it which is great

3353

01:52:33,830 --> 01:52:32,239

especially for a teacher where you're in

3354

01:52:35,030 --> 01:52:33,840

these patterns of like let me explain it

3355

01:52:35,669 --> 01:52:35,040

the way i know it's supposed to be

3356

01:52:37,990 --> 01:52:35,679

explained

3357

01:52:38,790 --> 01:52:38,000

and then along comes kurt and he's like

3358

01:52:41,350 --> 01:52:38,800

[h__\h] i don't

3359

01:52:42,229 --> 01:52:41,360

here's what about this and and rupert's

3360

01:52:45,350 --> 01:52:42,239

just like

3361

01:52:46,790 --> 01:52:45,360

uh okay let me think about that or not

3362

01:52:48,550 --> 01:52:46,800

think about that let me make myself

3363

01:52:50,229 --> 01:52:48,560

present and have this stuff arise

3364

01:52:52,390 --> 01:52:50,239

it was awesome to watch man it was

3365

01:52:54,629 --> 01:52:52,400

really really really compelling

3366

01:52:55,669 --> 01:52:54,639

i think it comes from personal

3367

01:52:59,350 --> 01:52:55,679

humiliation

3368

01:53:01,830 --> 01:52:59,360

i've been humiliated by

3369

01:53:04,070 --> 01:53:01,840

these like you mentioned you used to be

3370

01:53:08,149 --> 01:53:04,080

a staunch atheist materialist

3371

01:53:10,149 --> 01:53:08,159

for let's say 15 years at least

3372

01:53:11,270 --> 01:53:10,159

so same with me i'm not saying that i'm

3373

01:53:15,030 --> 01:53:11,280

not that but i'm

3374

01:53:17,669 --> 01:53:15,040

opposite

3375

01:53:19,030 --> 01:53:17,679

and right there's so many experiences in

3376

01:53:22,390 --> 01:53:19,040

my life where i thought for

3377

01:53:25,669 --> 01:53:22,400

sure this is the case and then it's not

3378

01:53:27,589 --> 01:53:25,679

and it's come to the point where now

3379

01:53:29,830 --> 01:53:27,599

the more i trust my own instincts the

3380

01:53:33,109 --> 01:53:29,840

more i see actually i have questions

3381

01:53:34,790 --> 01:53:33,119

every single and everywhere

3382

01:53:36,229 --> 01:53:34,800

so here's an example that's near and

3383

01:53:39,830 --> 01:53:36,239

dear to you

3384

01:53:42,950 --> 01:53:39,840

with regard to the whole issue of

3385

01:53:48,310 --> 01:53:42,960

societal mistrust of science i

3386

01:53:51,669 --> 01:53:50,470

like i understand it on one level

3387

01:53:54,790 --> 01:53:51,679

there's some

3388

01:53:57,270 --> 01:53:54,800

has to occur

3389

01:53:57,830 --> 01:53:57,280

because not everyone can do their own

3390

01:54:01,350 --> 01:53:57,840

research

3391

01:54:06,830 --> 01:54:01,360

so some and society is based on trust

3392

01:54:12,709 --> 01:54:10,550

tenants bruited by the

3393

01:54:13,990 --> 01:54:12,719

institutions let's say and i'm not using

3394

01:54:14,470 --> 01:54:14,000

i'm not that's not square quotes i'm

3395

01:54:18,550 --> 01:54:14,480

just

3396

01:54:21,109 --> 01:54:18,560

quoting okay institutions that

3397

01:54:21,990 --> 01:54:21,119

like for example masks were good now

3398

01:54:25,510 --> 01:54:22,000

more masks were bad

3399

01:54:28,709 --> 01:54:25,520

then masks were good and so on that

3400

01:54:30,709 --> 01:54:28,719

that they raised my eyebrow when they

3401
01:54:32,310 --> 01:54:30,719
before wooden i was a wholehearted

3402
01:54:35,750 --> 01:54:32,320
truster of whatever

3403
01:54:36,709 --> 01:54:35,760
the scientific quote-unquote community

3404
01:54:40,149 --> 01:54:36,719
says

3405
01:54:41,510 --> 01:54:40,159
and now i just i want to look at the

3406
01:54:43,910 --> 01:54:41,520
research and i understand that

3407
01:54:44,550 --> 01:54:43,920
i don't want people to take away from

3408
01:54:46,790 --> 01:54:44,560
this

3409
01:54:48,629 --> 01:54:46,800
a justification for their own mistrust

3410
01:54:50,310 --> 01:54:48,639
because that's i see the same happening

3411
01:54:52,149 --> 01:54:50,320
on the one end that's saying no trust

3412
01:54:53,030 --> 01:54:52,159
whatever fauci is saying or whatever

3413
01:54:55,750 --> 01:54:53,040

whoever is saying

3414

01:54:57,910 --> 01:54:55,760

you know that's a hot topic right now on

3415

01:55:00,070 --> 01:54:57,920

the one end you have people who are

3416

01:55:01,669 --> 01:55:00,080

with a limpet characteristic adhering to

3417

01:55:03,950 --> 01:55:01,679

that but then at the other end

3418

01:55:06,709 --> 01:55:03,960

you have people who are completely

3419

01:55:08,550 --> 01:55:06,719

anti-vaccine

3420

01:55:10,310 --> 01:55:08,560

saying that they're anti-trust of

3421

01:55:13,510 --> 01:55:10,320

science but then if

3422

01:55:15,109 --> 01:55:13,520

if a scientific article came out saying

3423

01:55:17,109 --> 01:55:15,119

oh it turns out that the cove vaccines

3424

01:55:18,950 --> 01:55:17,119

were horrible you'd see the anti-vaxxers

3425

01:55:20,390 --> 01:55:18,960

jump on that and say yes you see but i

3426
01:55:21,589 --> 01:55:20,400
thought you mistrusted science why don't

3427
01:55:23,270 --> 01:55:21,599
you mistrust that as well

3428
01:55:25,669 --> 01:55:23,280
like you should be doubting everywhere

3429
01:55:27,910 --> 01:55:25,679
so for me i'm i'm doubting everywhere

3430
01:55:31,030 --> 01:55:27,920
and even my brother who is a professor

3431
01:55:34,310 --> 01:55:33,430
technically of finance statistical

3432
01:55:36,629 --> 01:55:34,320
finance

3433
01:55:38,709 --> 01:55:36,639
he said he it would take him a week to

3434
01:55:40,709 --> 01:55:38,719
go through any meta-analysis

3435
01:55:42,950 --> 01:55:40,719
because it's not trivial at all even for

3436
01:55:44,550 --> 01:55:42,960
a professor of statistics

3437
01:55:46,709 --> 01:55:44,560
that's another reason why i try to do as

3438
01:55:48,310 --> 01:55:46,719

much research as i can because i'm

3439

01:55:50,229 --> 01:55:48,320

i want to understand so when someone

3440

01:55:52,149 --> 01:55:50,239

makes a claim like

3441

01:55:54,390 --> 01:55:52,159

vaccines are good or vaccines are bad

3442

01:55:57,109 --> 01:55:54,400

and by the way zubin

3443

01:55:57,669 --> 01:55:57,119

there's so many oh okay you're getting

3444

01:55:59,669 --> 01:55:57,679

me

3445

01:56:01,109 --> 01:55:59,679

a bit excited now man i like where

3446

01:56:02,229 --> 01:56:01,119

you're going brother intrude into my

3447

01:56:06,950 --> 01:56:02,239

sleep

3448

01:56:09,589 --> 01:56:06,960

but something i dislike is

3449

01:56:10,790 --> 01:56:09,599

it's not just it's the labeling of

3450

01:56:13,669 --> 01:56:10,800

people who mistrust

3451

01:56:15,669 --> 01:56:13,679

science as they see them as just trump

3452

01:56:19,750 --> 01:56:15,679

supporters irrational trump supporters

3453

01:56:21,750 --> 01:56:19,760

and because one side hates trump so much

3454

01:56:24,390 --> 01:56:21,760

and trump has been attached to

3455

01:56:26,709 --> 01:56:24,400

anti-science then they view anyone who

3456

01:56:27,750 --> 01:56:26,719

is critical of whatever epilogue is

3457

01:56:30,149 --> 01:56:27,760

given by

3458

01:56:32,390 --> 01:56:30,159

the institutions quote unquote as trump

3459

01:56:34,950 --> 01:56:32,400

supporters who are racists and bigots

3460

01:56:37,109 --> 01:56:34,960

and anti-intellectual and people who are

3461

01:56:39,510 --> 01:56:37,119

intellectual one of the worst

3462

01:56:41,109 --> 01:56:39,520

their worst fears is not being

3463

01:56:42,629 --> 01:56:41,119

irrational it's being seen as being

3464

01:56:44,229 --> 01:56:42,639

irrational so they want to be on the

3465

01:56:46,709 --> 01:56:44,239

side of what's intellectual

3466

01:56:48,709 --> 01:56:46,719

and i think there's so much hidden

3467

01:56:49,669 --> 01:56:48,719

motivation behind people to believe what

3468

01:56:53,430 --> 01:56:49,679

they believe

3469

01:56:54,790 --> 01:56:53,440

that it takes so much self-investigation

3470

01:56:56,790 --> 01:56:54,800

you think

3471

01:56:58,709 --> 01:56:56,800

that you believe in vaccines or

3472

01:56:59,830 --> 01:56:58,719

anti-vaccines because you're on the side

3473

01:57:02,550 --> 01:56:59,840

of the truth

3474

01:57:05,109 --> 01:57:02,560

but you you peel away and you realize

3475

01:57:08,229 --> 01:57:05,119

there's something more

3476

01:57:10,950 --> 01:57:08,239

dark underneath man

3477

01:57:12,709 --> 01:57:10,960

uh what what you just unleashed is the

3478

01:57:14,149 --> 01:57:12,719

pandora's box that's kind of the central

3479

01:57:17,189 --> 01:57:14,159

premise of our platform during the

3480

01:57:21,830 --> 01:57:19,189

you do have to question everything you

3481

01:57:23,910 --> 01:57:21,840

do at the same time it's balancing with

3482

01:57:25,910 --> 01:57:23,920

relying on expertise that you don't have

3483

01:57:27,270 --> 01:57:25,920

to parse data that you can't parse

3484

01:57:28,950 --> 01:57:27,280

because either you don't have the time

3485

01:57:31,510 --> 01:57:28,960

because it's impossible to do it all

3486

01:57:32,390 --> 01:57:31,520

or you don't have the expertise and then

3487

01:57:34,229 --> 01:57:32,400

filtering through

3488

01:57:35,589 --> 01:57:34,239

the lens of the authorities have gotten

3489

01:57:38,229 --> 01:57:35,599

a lot of [h__h] wrong

3490

01:57:40,310 --> 01:57:38,239

we've been there's a huge profit motive

3491

01:57:43,189 --> 01:57:40,320

a lot of our regulatory agencies are

3492

01:57:44,550 --> 01:57:43,199

uh are captured by the same entities

3493

01:57:46,709 --> 01:57:44,560

they're supposed to regulate

3494

01:57:48,229 --> 01:57:46,719

witness the alzheimer's drug at a helm

3495

01:57:49,189 --> 01:57:48,239

and that the nonsense there that would

3496

01:57:52,390 --> 01:57:49,199

bankrupt the u.s

3497

01:57:53,030 --> 01:57:52,400

economy uh the the u.s medicare if we

3498

01:57:54,870 --> 01:57:53,040

actually

3499

01:57:56,149 --> 01:57:54,880

approved it and they approved it despite

3500

01:57:56,790 --> 01:57:56,159

two studies showing it really doesn't

3501

01:58:00,870 --> 01:57:56,800

work

3502

01:58:02,629 --> 01:58:00,880

um this this kind of questioning

3503

01:58:05,189 --> 01:58:02,639

what it's what i call on our show the

3504

01:58:07,350 --> 01:58:05,199

alt middle so it's this new like

3505

01:58:09,030 --> 01:58:07,360

stance and it's something that we've

3506

01:58:10,709 --> 01:58:09,040

kind of we've made t-shirts with

3507

01:58:12,790 --> 01:58:10,719

because we're we're idiots so the alt

3508

01:58:16,310 --> 01:58:12,800

middle is a radical position

3509

01:58:17,910 --> 01:58:16,320

that you inhabit that says okay

3510

01:58:19,990 --> 01:58:17,920

forget about politics and all that this

3511

01:58:23,669 --> 01:58:20,000

is about opening your mind

3512

01:58:26,390 --> 01:58:23,679

to different ideas without judging

3513

01:58:27,350 --> 01:58:26,400

people who hold opposing ideas as evil

3514

01:58:29,350 --> 01:58:27,360

so in other words

3515

01:58:31,109 --> 01:58:29,360

hearing everything seeing everything as

3516

01:58:32,070 --> 01:58:31,119

maybe having some truth but being

3517

01:58:34,629 --> 01:58:32,080

partial

3518

01:58:35,510 --> 01:58:34,639

and then assuming good intent and having

3519

01:58:37,669 --> 01:58:35,520

discourse

3520

01:58:39,830 --> 01:58:37,679

well heaven forbid there's nothing in

3521

01:58:42,709 --> 01:58:39,840

social media that rewards that

3522

01:58:44,790 --> 01:58:42,719

with the exception of what i found

3523

01:58:46,629 --> 01:58:44,800

paying subscriber platforms like

3524

01:58:48,790 --> 01:58:46,639

locals facebook youtube where people pay

3525

01:58:49,109 --> 01:58:48,800

five bucks a month to congregate and

3526

01:58:52,070 --> 01:58:49,119

have

3527

01:58:53,910 --> 01:58:52,080

speaking of man that was perfectly timed

3528

01:58:55,189 --> 01:58:53,920

someone just gave ten dollars

3529

01:58:57,990 --> 01:58:55,199

look at that as soon as you said that

3530

01:58:59,830 --> 01:58:58,000

what's it done

3531

01:59:01,669 --> 01:58:59,840

andrew dunbar says i dozed off shortly

3532

01:59:03,589 --> 01:59:01,679

after z dog introduced the guest

3533

01:59:05,270 --> 01:59:03,599

i woke up about 10 minutes ago with no

3534

01:59:05,669 --> 01:59:05,280

clue what was going on and thought yes

3535

01:59:07,189 --> 01:59:05,679

yes

3536

01:59:09,589 --> 01:59:07,199

this is what happens when a society

3537

01:59:10,629 --> 01:59:09,599

legalizes marijuana

3538

01:59:12,629 --> 01:59:10,639

i don't know if you're talking about you

3539

01:59:15,189 --> 01:59:12,639

andrew having smoked a little too much

3540

01:59:16,310 --> 01:59:15,199

or us either way so so back to this

3541

01:59:18,149 --> 01:59:16,320

middle idea

3542

01:59:20,149 --> 01:59:18,159

um and thank you for the support andrew

3543

01:59:22,790 --> 01:59:20,159

the the you can create

3544

01:59:24,629 --> 01:59:22,800

environments you can model environments

3545

01:59:27,189 --> 01:59:24,639

where the pursuit of knowledge

3546

01:59:28,830 --> 01:59:27,199

understanding being civil to each other

3547

01:59:31,510 --> 01:59:28,840

that sort of thing

3548

01:59:33,910 --> 01:59:31,520

actually actually is

3549

01:59:35,669 --> 01:59:33,920

the default so i was recently on the

3550

01:59:37,910 --> 01:59:35,679

rebel wisdom podcast with

3551

01:59:38,709 --> 01:59:37,920

david fuller and we talked about this

3552

01:59:40,629 --> 01:59:38,719

trying to find

3553

01:59:42,070 --> 01:59:40,639

sense one of your big concerns is how do

3554

01:59:42,709 --> 01:59:42,080

you make sense how do you make sense

3555

01:59:44,790 --> 01:59:42,719

when the

3556

01:59:46,390 --> 01:59:44,800

the epistemic commons like our our

3557

01:59:48,149 --> 01:59:46,400

common knowledge sources are gone

3558

01:59:49,589 --> 01:59:48,159

there's no more walter cronkite there's

3559

01:59:51,430 --> 01:59:49,599

no more single source of truth

3560

01:59:53,350 --> 01:59:51,440

it's now a bunch of fragments each with

3561

01:59:55,669 --> 01:59:53,360

their own ideology

3562

01:59:57,589 --> 01:59:55,679

that it's all about signaling like you

3563

01:59:57,990 --> 01:59:57,599

said oh as an intellectual i don't even

3564

02:00:00,070 --> 01:59:58,000

want to be

3565

02:00:02,310 --> 02:00:00,080

perceived as anti-intellectual half the

3566

02:00:05,109 --> 02:00:02,320

[h__\h] i told you on this thing

3567

02:00:05,750 --> 02:00:05,119

i would never have said three years ago

3568

02:00:07,669 --> 02:00:05,760

because

3569

02:00:10,830 --> 02:00:07,679

i would have been vilified by like a

3570

02:00:12,629 --> 02:00:10,840

david gorsky or someone as full of woo

3571

02:00:14,550 --> 02:00:12,639

anti-scientific exactly how i feel you

3572

02:00:17,030 --> 02:00:14,560

know what i'm talking about so so

3573

02:00:18,870 --> 02:00:17,040

i think this is a fundamental question

3574

02:00:20,310 --> 02:00:18,880

and i do think it's going to emerge i

3575

02:00:22,149 --> 02:00:20,320

think we have to

3576

02:00:23,430 --> 02:00:22,159

those on the leading edge of it which is

3577

02:00:25,189 --> 02:00:23,440

like our audience like

3578

02:00:27,109 --> 02:00:25,199

your audience my audience they think

3579

02:00:28,229 --> 02:00:27,119

like this so let's encourage it

3580

02:00:30,550 --> 02:00:28,239

i've gotten to the point now where i

3581

02:00:32,470 --> 02:00:30,560

never used to like censor comments on my

3582

02:00:34,310 --> 02:00:32,480

on my threads but what i'm finding is

3583

02:00:36,149 --> 02:00:34,320

when people behave in ways that are that

3584

02:00:39,270 --> 02:00:36,159

are anti-alt-middle so they're

3585

02:00:40,790 --> 02:00:39,280

throwing ad hominem they're being very

3586

02:00:42,950 --> 02:00:40,800

overtly politically

3587

02:00:44,149 --> 02:00:42,960

you know idiotic you know it's like oh

3588

02:00:44,709 --> 02:00:44,159

you're a trump supporter because of this

3589

02:00:45,910 --> 02:00:44,719

or you're a

3590

02:00:47,270 --> 02:00:45,920

radical leftist because of this that's

3591

02:00:48,629 --> 02:00:47,280

why i loved your documentary by the way

3592

02:00:50,229 --> 02:00:48,639

because you dive into that [h__h]

3593

02:00:53,189 --> 02:00:50,239

in a deep way which was beautiful thank

3594

02:00:55,669 --> 02:00:53,199

you i've started going in now

3595

02:00:56,950 --> 02:00:55,679

and deleting blocking the people who

3596

02:00:57,990 --> 02:00:56,960

make those comments because what they're

3597

02:01:00,229 --> 02:00:58,000

there to do

3598

02:01:01,189 --> 02:01:00,239

is to signal to their tribe they're not

3599

02:01:02,870 --> 02:01:01,199

there to advance

3600

02:01:04,070 --> 02:01:02,880

conversation and then what i noticed is

3601
02:01:04,550 --> 02:01:04,080
so then you get all kinds of complaints

3602
02:01:06,310 --> 02:01:04,560
oh you're

3603
02:01:08,070 --> 02:01:06,320
you're stifling free speech it's not

3604
02:01:10,550 --> 02:01:08,080
free speech this is the community

3605
02:01:11,510 --> 02:01:10,560
i'm trying to com create you can come

3606
02:01:14,070 --> 02:01:11,520
here and we're

3607
02:01:15,430 --> 02:01:14,080
this is our value is alt middle so if

3608
02:01:16,950 --> 02:01:15,440
you behave in that way you can disagree

3609
02:01:18,149 --> 02:01:16,960
with me in fact i want you to

3610
02:01:20,310 --> 02:01:18,159
but i want you to do it in a way that

3611
02:01:22,149 --> 02:01:20,320
assumes i'm not i'm not acting in bad

3612
02:01:25,270 --> 02:01:22,159
faith and you're not acting in bad faith

3613
02:01:26,629 --> 02:01:25,280

and we're coming to a discourse and it

3614

02:01:28,229 --> 02:01:26,639

changes the dynamics then people go to

3615

02:01:29,430 --> 02:01:28,239

the video and they see the comments are

3616

02:01:31,990 --> 02:01:29,440

much more

3617

02:01:34,470 --> 02:01:32,000

constructive even if they disagree then

3618

02:01:34,870 --> 02:01:34,480

you stupid bald pharmaceal i'm gonna

3619

02:01:36,790 --> 02:01:34,880

tell

3620

02:01:38,470 --> 02:01:36,800

you you're paid off by [h__h] hilarious

3621

02:01:41,350 --> 02:01:38,480

i wish bro you know

3622

02:01:42,550 --> 02:01:41,360

i have the i'm still on your i'm still

3623

02:01:44,790 --> 02:01:42,560

early zubin then

3624

02:01:46,470 --> 02:01:44,800

because my i'm of the mind i don't

3625

02:01:47,910 --> 02:01:46,480

delete a single comment some people

3626

02:01:48,390 --> 02:01:47,920

think i do but youtube's algorithm

3627

02:01:51,270 --> 02:01:48,400

actually

3628

02:01:52,790 --> 02:01:51,280

filters out quite a few it does yeah and

3629

02:01:54,870 --> 02:01:52,800

people think i'm actively deleting i'm

3630

02:01:57,750 --> 02:01:54,880

not so my disincentive system is

3631

02:01:59,270 --> 02:01:57,760

i read each comment i heart them but if

3632

02:01:59,990 --> 02:01:59,280

they're negative toward the guest i

3633

02:02:01,750 --> 02:02:00,000

don't

3634

02:02:03,750 --> 02:02:01,760

heart them so they can be negative

3635

02:02:04,390 --> 02:02:03,760

toward me they can be negative towards

3636

02:02:06,870 --> 02:02:04,400

the guesses

3637

02:02:07,750 --> 02:02:06,880

guest's theories but not add hominins at

3638

02:02:09,510 --> 02:02:07,760

the guests and then

3639

02:02:12,709 --> 02:02:09,520

that's the only time i don't hurt them

3640

02:02:16,390 --> 02:02:14,950

i actually like what you're doing you

3641

02:02:19,109 --> 02:02:16,400

have to

3642

02:02:19,830 --> 02:02:19,119

do that that's only because the guest is

3643

02:02:22,790 --> 02:02:19,840

like

3644

02:02:24,390 --> 02:02:22,800

the guest this is i they're in my home

3645

02:02:26,550 --> 02:02:24,400

right there so i'm not going to have

3646

02:02:27,510 --> 02:02:26,560

invite them in and have them insulted

3647

02:02:29,750 --> 02:02:27,520

people are saying

3648

02:02:31,030 --> 02:02:29,760

it's fine totally i'm with you so that's

3649

02:02:32,709 --> 02:02:31,040

how i used to be i would only block

3650

02:02:33,910 --> 02:02:32,719

people who were being absolutely vicious

3651
02:02:35,910 --> 02:02:33,920
to my guest because

3652
02:02:37,510 --> 02:02:35,920
it is it's like someone comes a guest in

3653
02:02:39,030 --> 02:02:37,520
my home and someone comes and throws

3654
02:02:40,709 --> 02:02:39,040
feces at them it's like no that's not

3655
02:02:42,790 --> 02:02:40,719
okay they're in my house

3656
02:02:44,070 --> 02:02:42,800
but now i if if they what i what i've

3657
02:02:46,470 --> 02:02:44,080
decided is

3658
02:02:47,270 --> 02:02:46,480
it's an it's if i'm trying to model

3659
02:02:49,430 --> 02:02:47,280
behavior

3660
02:02:51,510 --> 02:02:49,440
of how we should have discourse why

3661
02:02:53,430 --> 02:02:51,520
should my community

3662
02:02:55,270 --> 02:02:53,440
be showing the opposite of that behavior

3663
02:02:56,790 --> 02:02:55,280

now now again that's not for everyone

3664

02:02:58,629 --> 02:02:56,800

and actually david fuller and i

3665

02:03:00,870 --> 02:02:58,639

talked about this on on on a discussion

3666

02:03:02,709 --> 02:03:00,880

on zoom is like what do you do with this

3667

02:03:04,790 --> 02:03:02,719

uh because you don't like a stifle

3668

02:03:06,310 --> 02:03:04,800

conversation but at the same time

3669

02:03:07,430 --> 02:03:06,320

you you almost want to encourage like

3670

02:03:08,870 --> 02:03:07,440

hey i want you to disagree in the

3671

02:03:09,990 --> 02:03:08,880

comments but do it in a way that's civil

3672

02:03:11,589 --> 02:03:10,000

and then the comments fill up with

3673

02:03:14,470 --> 02:03:11,599

people who disagree that's great

3674

02:03:16,229 --> 02:03:14,480

instead of bald pharma clown which hey i

3675

02:03:17,669 --> 02:03:16,239

love that stuff because it juices

3676

02:03:19,990 --> 02:03:17,679

youtube's algorithms

3677

02:03:21,350 --> 02:03:20,000

because when youtube sees controversy it

3678

02:03:23,189 --> 02:03:21,360

serves it out but

3679

02:03:24,629 --> 02:03:23,199

is that good for like building an alt

3680

02:03:27,030 --> 02:03:24,639

middle mindset no

3681

02:03:28,149 --> 02:03:27,040

i don't like snarky comments either or

3682

02:03:30,310 --> 02:03:28,159

people who ask

3683

02:03:31,669 --> 02:03:30,320

questions but they are asking it from an

3684

02:03:34,629 --> 02:03:31,679

antagonistic point of view

3685

02:03:36,709 --> 02:03:34,639

where they just want to well technically

3686

02:03:39,430 --> 02:03:36,719

it's called trolling or make baits

3687

02:03:41,430 --> 02:03:39,440

i have a discord and so there's

3688

02:03:43,350 --> 02:03:41,440

moderation there but not by me because i

3689

02:03:47,030 --> 02:03:43,360

cannot take part in the moderation

3690

02:03:49,270 --> 02:03:47,040

i i don't want to censor because

3691

02:03:50,709 --> 02:03:49,280

i i don't i know you mentioned the term

3692

02:03:53,910 --> 02:03:50,719

good faith and good intentions

3693

02:03:55,030 --> 02:03:53,920

i actually i'm on the opposite end

3694

02:03:57,109 --> 02:03:55,040

i don't care if someone has bad

3695

02:03:57,830 --> 02:03:57,119

intentions the reason is that i have bad

3696

02:03:59,189 --> 02:03:57,840

intentions

3697

02:04:00,390 --> 02:03:59,199

and the more i examine my good

3698

02:04:00,950 --> 02:04:00,400

intentions the more i realize that

3699

02:04:02,790 --> 02:04:00,960

they're bad

3700

02:04:03,910 --> 02:04:02,800

so i don't care if someone has bad

3701

02:04:05,030 --> 02:04:03,920

intentions i also don't care if

3702

02:04:06,790 --> 02:04:05,040

someone's biased

3703

02:04:08,149 --> 02:04:06,800

the reason is that for someone to be

3704

02:04:09,430 --> 02:04:08,159

biased sometimes they can get to an

3705

02:04:11,430 --> 02:04:09,440

argument a place that

3706

02:04:12,550 --> 02:04:11,440

you have to be motivated in order to get

3707

02:04:14,709 --> 02:04:12,560

there and they can

3708

02:04:15,990 --> 02:04:14,719

tell you they can come up with a to a

3709

02:04:17,350 --> 02:04:16,000

truth that you would have

3710

02:04:18,629 --> 02:04:17,360

never found because you're not going to

3711

02:04:19,350 --> 02:04:18,639

expend the energy because you're not

3712

02:04:20,950 --> 02:04:19,360

tied to that

3713

02:04:22,390 --> 02:04:20,960

particular philosophy or whatever it may

3714

02:04:23,830 --> 02:04:22,400

be so i actually

3715

02:04:25,669 --> 02:04:23,840

don't mind speaking to someone who's

3716

02:04:27,910 --> 02:04:25,679

biased because they will have the most

3717

02:04:31,189 --> 02:04:27,920

strengthened

3718

02:04:34,470 --> 02:04:31,199

their position because they're

3719

02:04:37,189 --> 02:04:34,480

so what they're so

3720

02:04:38,470 --> 02:04:37,199

devoted to it oh i agree a thousand

3721

02:04:40,149 --> 02:04:38,480

percent we're all biased

3722

02:04:41,990 --> 02:04:40,159

so the question is you can be biased and

3723

02:04:43,669 --> 02:04:42,000

come and make these really intense

3724

02:04:45,910 --> 02:04:43,679

arguments i want that

3725

02:04:47,830 --> 02:04:45,920

what i don't want is just straight ad

3726

02:04:50,790 --> 02:04:47,840

hominem or like you said the kind of

3727

02:04:51,990 --> 02:04:50,800

trolling grandstanding like you know if

3728

02:04:53,669 --> 02:04:52,000

i have a guest and they're just making

3729

02:04:55,669 --> 02:04:53,679

these comments that are vicious and

3730

02:04:56,870 --> 02:04:55,679

there's just no no i used to just let it

3731

02:04:58,709 --> 02:04:56,880

all go because also i didn't have the

3732

02:05:00,709 --> 02:04:58,719

capacity right so

3733

02:05:02,149 --> 02:05:00,719

it's just but my assistant helps me now

3734

02:05:02,709 --> 02:05:02,159

we have these sort of rules of how to do

3735

02:05:04,149 --> 02:05:02,719

it

3736

02:05:05,830 --> 02:05:04,159

but because facebook got to the point

3737

02:05:08,229 --> 02:05:05,840

where my audience was asking me to

3738

02:05:11,750 --> 02:05:08,239

moderate comments because it was just

3739

02:05:13,350 --> 02:05:11,760

full of just the worst conspiracy stuff

3740

02:05:15,030 --> 02:05:13,360

just discounting anything i said based

3741

02:05:16,229 --> 02:05:15,040

on i'm paid off by some pharma thing

3742

02:05:17,350 --> 02:05:16,239

which by the way that's all public

3743

02:05:19,910 --> 02:05:17,360

information

3744

02:05:21,589 --> 02:05:19,920

i'm a physician the sunshine act forces

3745

02:05:22,069 --> 02:05:21,599

any pharma company to disclose what they

3746

02:05:23,990 --> 02:05:22,079

pay

3747

02:05:26,310 --> 02:05:24,000

unless they're behaving illegally right

3748

02:05:27,589 --> 02:05:26,320

yeah and so so i have to say well yeah i

3749

02:05:29,350 --> 02:05:27,599

did a couple talks

3750

02:05:30,709 --> 02:05:29,360

talking about health 3.0 to

3751

02:05:32,790 --> 02:05:30,719

pharmaceutical m

3752

02:05:33,910 --> 02:05:32,800

a people the the the medical affairs

3753

02:05:35,750 --> 02:05:33,920

people

3754

02:05:37,430 --> 02:05:35,760

who do the research and there it is on

3755

02:05:40,470 --> 02:05:37,440

the site so

3756

02:05:40,870 --> 02:05:40,480

how am i in pfizer's pocket i really

3757

02:05:42,629 --> 02:05:40,880

want

3758

02:05:44,950 --> 02:05:42,639

so the key thing is like you know with

3759

02:05:47,910 --> 02:05:44,960

vaccines it's so hard to know because

3760

02:05:48,950 --> 02:05:47,920

you can get a really smart person online

3761

02:05:50,950 --> 02:05:48,960

who maybe even be a

3762

02:05:52,229 --> 02:05:50,960

virologist like gert vondenbush give

3763

02:05:53,910 --> 02:05:52,239

what sounds like a very compelling

3764

02:05:54,709 --> 02:05:53,920

argument for why we're really harming

3765

02:05:56,470 --> 02:05:54,719

people

3766

02:05:58,069 --> 02:05:56,480

and you and i maybe maybe even talked

3767

02:05:59,510 --> 02:05:58,079

about this uh

3768

02:06:00,709 --> 02:05:59,520

saying this here's here's the reasons i

3769

02:06:02,069 --> 02:06:00,719

think this is a terrible idea we

3770

02:06:03,189 --> 02:06:02,079

shouldn't be doing mass vaccination

3771

02:06:04,310 --> 02:06:03,199

during a pandemic

3772

02:06:06,069 --> 02:06:04,320

here are the reasons why we're going to

3773

02:06:06,390 --> 02:06:06,079

generate mutant strains that are that

3774

02:06:08,310 --> 02:06:06,400

are

3775

02:06:09,669 --> 02:06:08,320

resistant to the vaccines but that the

3776

02:06:11,270 --> 02:06:09,679

immune memory is going to prevent us

3777

02:06:13,350 --> 02:06:11,280

from being able to fix that

3778

02:06:15,270 --> 02:06:13,360

um even with with boosters and so on so

3779

02:06:16,550 --> 02:06:15,280

it sounds very compelling you dig into

3780

02:06:18,149 --> 02:06:16,560

it and you you see

3781

02:06:19,350 --> 02:06:18,159

okay there's some flaws here in the

3782

02:06:20,629 --> 02:06:19,360

thinking actually some of the science

3783

02:06:21,830 --> 02:06:20,639

isn't quite right and oh he's actually

3784

02:06:22,629 --> 02:06:21,840

got his own thing that he's trying to

3785

02:06:24,310 --> 02:06:22,639

develop

3786

02:06:27,030 --> 02:06:24,320

that has to do with natural killer

3787

02:06:30,390 --> 02:06:27,040

killer cells so

3788

02:06:31,030 --> 02:06:30,400

i'm like so on your level not with

3789

02:06:33,350 --> 02:06:31,040

respect to

3790

02:06:34,229 --> 02:06:33,360

disbelieving gert or or discounting him

3791

02:06:37,510 --> 02:06:34,239

in any way but

3792

02:06:39,430 --> 02:06:37,520

with regard to hearing the opposition

3793

02:06:41,030 --> 02:06:39,440

what i want with my channel i wanted to

3794

02:06:43,430 --> 02:06:41,040

get you or someone else

3795

02:06:44,709 --> 02:06:43,440

who's an expert in virology to speak

3796

02:06:48,229 --> 02:06:44,719

with gert or someone else

3797

02:06:49,430 --> 02:06:48,239

and hammer it out but what i don't like

3798

02:06:50,470 --> 02:06:49,440

and going back to the mistrust of

3799

02:06:53,030 --> 02:06:50,480

science is that

3800

02:06:53,990 --> 02:06:53,040

these large agencies and this is not a

3801

02:06:55,750 --> 02:06:54,000

right issue

3802

02:06:57,669 --> 02:06:55,760

it's not conservative in fact noam

3803

02:06:57,990 --> 02:06:57,679

chomsky talked about this in the 70s or

3804

02:07:01,030 --> 02:06:58,000

80s

3805

02:07:04,149 --> 02:07:01,040

with manufacturing consent they

3806

02:07:06,870 --> 02:07:04,159

s the fact that i may be demonetized

3807

02:07:08,790 --> 02:07:06,880

for talking about the potential dangers

3808

02:07:12,310 --> 02:07:08,800

of vaccines or having a debate

3809

02:07:14,390 --> 02:07:12,320

on it i that's why where my eyebrows

3810

02:07:17,430 --> 02:07:14,400

raised why are you

3811

02:07:19,430 --> 02:07:17,440

why are you squelching the opposition

3812

02:07:20,629 --> 02:07:19,440

they've made everything worse right by

3813

02:07:22,390 --> 02:07:20,639

doing that that's insane

3814

02:07:25,189 --> 02:07:22,400

you have tech oligopolies making

3815

02:07:26,790 --> 02:07:25,199

decisions on who can speak that's insane

3816

02:07:28,390 --> 02:07:26,800

what we should do now here's the problem

3817

02:07:29,270 --> 02:07:28,400

though so how do you make sense in a

3818

02:07:30,870 --> 02:07:29,280

world like this

3819

02:07:33,430 --> 02:07:30,880

and this is something david and i talked

3820

02:07:35,270 --> 02:07:33,440

about david fuller

3821

02:07:36,629 --> 02:07:35,280

because even my argument to you like

3822

02:07:38,390 --> 02:07:36,639

well i don't want to do a thing with

3823

02:07:39,830 --> 02:07:38,400

gert vondenbush because

3824

02:07:41,510 --> 02:07:39,840

first of all i'm not a virologist we

3825

02:07:43,750 --> 02:07:41,520

need a virologist second of all there's

3826

02:07:45,669 --> 02:07:43,760

this idea of false equivalence where by

3827

02:07:47,830 --> 02:07:45,679

highlighting a platform that you firmly

3828

02:07:49,910 --> 02:07:47,840

think is wrong and harmful potentially

3829

02:07:51,189 --> 02:07:49,920

you're giving it more credence now i

3830

02:07:53,510 --> 02:07:51,199

think that argument

3831

02:07:54,390 --> 02:07:53,520

is no longer valid in this world it's no

3832

02:07:56,229 --> 02:07:54,400

longer valid because

3833

02:07:58,550 --> 02:07:56,239

they have a platform it's called youtube

3834

02:08:00,629 --> 02:07:58,560

they can go and say whatever they like

3835

02:08:02,310 --> 02:08:00,639

your job as a scientist or whatever is

3836

02:08:04,149 --> 02:08:02,320

to try to promote what you think is

3837

02:08:04,550 --> 02:08:04,159

correct and the discourse that leads to

3838

02:08:07,270 --> 02:08:04,560

that

3839

02:08:08,950 --> 02:08:07,280

so we ought to have virologists going

3840

02:08:09,189 --> 02:08:08,960

and talking to the bigger people that

3841

02:08:12,390 --> 02:08:09,199

are

3842

02:08:15,430 --> 02:08:12,400

know the malones and von

3843

02:08:17,510 --> 02:08:15,440

vandenbush and um you know uh uh

3844

02:08:19,910 --> 02:08:17,520

pierre cory on ivermectin and these kind

3845

02:08:21,669 --> 02:08:19,920

of things go and have the conversation

3846

02:08:23,189 --> 02:08:21,679

you know and and i would honestly i

3847

02:08:24,470 --> 02:08:23,199

would do it i don't have a problem with

3848

02:08:26,950 --> 02:08:24,480

it the thing is

3849

02:08:27,990 --> 02:08:26,960

i actually i don't feel worthy to do it

3850

02:08:30,149 --> 02:08:28,000

like i i i

3851

02:08:31,830 --> 02:08:30,159

know i completely understand i i'm a

3852

02:08:32,709 --> 02:08:31,840

communicator i need somebody who studies

3853

02:08:34,550 --> 02:08:32,719

this for a living

3854

02:08:35,669 --> 02:08:34,560

to go and say okay let's go depth by in

3855

02:08:37,750 --> 02:08:35,679

depth by that because i'll be

3856

02:08:38,709 --> 02:08:37,760

manipulated like a pierre cory would

3857

02:08:40,069 --> 02:08:38,719

have no problem

3858

02:08:41,990 --> 02:08:40,079

actually not him because i think i could

3859

02:08:43,430 --> 02:08:42,000

i could do it with him i just

3860

02:08:45,830 --> 02:08:43,440

i've talked about this publicly before

3861

02:08:47,350 --> 02:08:45,840

about ivermectin and why i i think

3862

02:08:49,189 --> 02:08:47,360

we need the trials before we can say

3863

02:08:49,669 --> 02:08:49,199

anything about it but that all being

3864

02:08:51,350 --> 02:08:49,679

said

3865

02:08:53,030 --> 02:08:51,360

you need somebody who can really dig in

3866

02:08:54,310 --> 02:08:53,040

now the problem is the big virologists

3867

02:08:55,430 --> 02:08:54,320

are biased in their own way

3868

02:08:57,270 --> 02:08:55,440

so they're like you know part of the

3869

02:08:59,270 --> 02:08:57,280

mainstream scientific community they see

3870

02:09:00,950 --> 02:08:59,280

this as just an annoyance or a nuisance

3871

02:09:02,629 --> 02:09:00,960

they don't realize that these these

3872

02:09:04,069 --> 02:09:02,639

folks are influencing a lot of people to

3873

02:09:05,430 --> 02:09:04,079

not get vaccinated so if you think the

3874

02:09:07,030 --> 02:09:05,440

vaccines are safe and effective

3875

02:09:08,870 --> 02:09:07,040

then it's kind of on you to go and

3876

02:09:10,149 --> 02:09:08,880

communicate it now paul offit is a big

3877

02:09:11,669 --> 02:09:10,159

vaccine guy

3878

02:09:13,589 --> 02:09:11,679

mainstream guy come on my show a few

3879

02:09:14,790 --> 02:09:13,599

times very rational guy but he is biased

3880

02:09:16,550 --> 02:09:14,800

towards vaccines always says what he

3881

02:09:17,270 --> 02:09:16,560

does he's a pediatrician and he's

3882

02:09:20,390 --> 02:09:17,280

invented the

3883

02:09:21,109 --> 02:09:20,400

you know saved countless lives around

3884

02:09:24,629 --> 02:09:21,119

the world but

3885

02:09:26,790 --> 02:09:24,639

he does see it through that lens um

3886

02:09:28,629 --> 02:09:26,800

he's written a book on why scientists

3887

02:09:30,870 --> 02:09:28,639

are terrible communicators

3888

02:09:31,669 --> 02:09:30,880

so what can happen is a not very good

3889

02:09:33,270 --> 02:09:31,679

scientist

3890

02:09:35,750 --> 02:09:33,280

who has enough of the lingo who's a good

3891

02:09:37,830 --> 02:09:35,760

communicator can convince the world of

3892

02:09:39,750 --> 02:09:37,840

something that's really a fringe idea

3893

02:09:41,270 --> 02:09:39,760

with equal weight or bigger weight than

3894

02:09:42,229 --> 02:09:41,280

the mainstream that are terrible

3895

02:09:43,350 --> 02:09:42,239

communicators

3896

02:09:44,629 --> 02:09:43,360

because they're in the lab all day and

3897

02:09:46,790 --> 02:09:44,639

they're a little bit on the spectrum and

3898

02:09:48,629 --> 02:09:46,800

they're you know they're who they are

3899

02:09:50,310 --> 02:09:48,639

and you know paul in his book actually

3900

02:09:51,830 --> 02:09:50,320

wrote a lot of stories about how he

3901
02:09:53,510 --> 02:09:51,840
would go on these press things and just

3902
02:09:55,350 --> 02:09:53,520
make a fool of himself

3903
02:09:56,870 --> 02:09:55,360
because he just first of all i think

3904
02:09:58,310 --> 02:09:56,880
scientists overestimate it's like part

3905
02:10:00,870 --> 02:09:58,320
of the dunning-kruger

3906
02:10:02,149 --> 02:10:00,880
kind of uh curve where it's not that you

3907
02:10:03,270 --> 02:10:02,159
you know so little that you don't know

3908
02:10:05,430 --> 02:10:03,280
what you don't know that's like

3909
02:10:06,709 --> 02:10:05,440
very low understanding you know a lot

3910
02:10:09,189 --> 02:10:06,719
but then the the

3911
02:10:09,750 --> 02:10:09,199
the logic the um cognitive uh error

3912
02:10:11,750 --> 02:10:09,760
there is

3913
02:10:13,589 --> 02:10:11,760

you assume everyone else knows at least

3914

02:10:15,350 --> 02:10:13,599

as as much as you do

3915

02:10:17,189 --> 02:10:15,360

and you operate from that assumption and

3916

02:10:17,910 --> 02:10:17,199

it comes off either as condescending or

3917

02:10:20,149 --> 02:10:17,920

just

3918

02:10:21,830 --> 02:10:20,159

blind to the fact that people need basic

3919

02:10:24,709 --> 02:10:21,840

education on this stuff

3920

02:10:26,310 --> 02:10:24,719

so it's very complicated and i i

3921

02:10:27,350 --> 02:10:26,320

struggle with my own role in this

3922

02:10:29,830 --> 02:10:27,360

because

3923

02:10:31,750 --> 02:10:29,840

you know when i do a show i'm looking

3924

02:10:34,790 --> 02:10:31,760

you can see i've got nice equipment

3925

02:10:37,510 --> 02:10:34,800

it's all very polished you know so all

3926

02:10:42,149 --> 02:10:39,589

you look great brother you know yours is

3927

02:10:44,950 --> 02:10:42,159

authentic only guys come on

3928

02:10:46,550 --> 02:10:44,960

dude dude but the thing is it's so

3929

02:10:48,629 --> 02:10:46,560

polished you shouldn't trust me

3930

02:10:49,990 --> 02:10:48,639

you may instinctively not trust me like

3931

02:10:51,510 --> 02:10:50,000

i'm looking right at the camera i'm

3932

02:10:53,030 --> 02:10:51,520

making eye contact with the audience i'm

3933

02:10:55,750 --> 02:10:53,040

speaking without a script

3934

02:10:56,149 --> 02:10:55,760

that's a little concerning like to to

3935

02:10:59,510 --> 02:10:56,159

people

3936

02:11:01,589 --> 02:10:59,520

because it doesn't

3937

02:11:02,870 --> 02:11:01,599

have the you know like if i were just

3938

02:11:04,470 --> 02:11:02,880

with my phone i'm like guys let me just

3939

02:11:05,030 --> 02:11:04,480

tell you what's going on and i do that

3940

02:11:07,270 --> 02:11:05,040

too

3941

02:11:08,950 --> 02:11:07,280

i usually do those in lives those will

3942

02:11:12,310 --> 02:11:08,960

often engage a lot more

3943

02:11:13,669 --> 02:11:12,320

because people's trust mechanism fires

3944

02:11:15,270 --> 02:11:13,679

when they feel like they're on a face

3945

02:11:16,310 --> 02:11:15,280

time with someone instead of this very

3946

02:11:18,310 --> 02:11:16,320

produced thing so

3947

02:11:20,229 --> 02:11:18,320

i struggle with that in terms of my own

3948

02:11:21,350 --> 02:11:20,239

show it's just i'm a nerd and i like

3949

02:11:23,270 --> 02:11:21,360

[h__h] to look good

3950

02:11:26,950 --> 02:11:23,280

and i look like [h__h] at baseline so

3951

02:11:30,310 --> 02:11:28,390

uh by the way i got to say this about

3952

02:11:32,629 --> 02:11:30,320

your um your documentary

3953

02:11:35,510 --> 02:11:32,639

uh better or better left unsaid your

3954

02:11:38,149 --> 02:11:35,520

suit that you wore in that

3955

02:11:39,030 --> 02:11:38,159

it was tailored like oh wow thank you it

3956

02:11:41,350 --> 02:11:39,040

was i

3957

02:11:43,510 --> 02:11:41,360

was guess what it was not tailored it

3958

02:11:46,069 --> 02:11:43,520

was off the rack

3959

02:11:47,270 --> 02:11:46,079

dude he had something like a gl that was

3960

02:11:49,350 --> 02:11:47,280

a coincidence

3961

02:11:50,310 --> 02:11:49,360

i mean i'm not gay but if i were i'd be

3962

02:11:54,069 --> 02:11:50,320

like

3963

02:11:57,350 --> 02:11:55,510

is it all right i'm going to quickly

3964

02:11:59,189 --> 02:11:57,360

mute turn off my mic sorry

3965

02:12:00,709 --> 02:11:59,199

mute turn off this for about 10 seconds

3966

02:12:01,750 --> 02:12:00,719

to tell my wife that we're just wrapping

3967

02:12:03,109 --> 02:12:01,760

up so that she knows

3968

02:12:04,229 --> 02:12:03,119

absolutely absolutely want to respect

3969

02:12:05,589 --> 02:12:04,239

your time too i'll read some comments

3970

02:12:09,109 --> 02:12:05,599

while you're doing that

3971

02:12:11,270 --> 02:12:09,119

um tim davis says i wake up

3972

02:12:12,870 --> 02:12:11,280

almost every night at 3 a.m did an

3973

02:12:14,950 --> 02:12:12,880

experiment with glucose monitor noticed

3974

02:12:16,709 --> 02:12:14,960

my glucose levels were clashing

3975

02:12:18,069 --> 02:12:16,719

crashing it at the every time every

3976

02:12:20,069 --> 02:12:18,079

night diet

3977

02:12:21,910 --> 02:12:20,079

at the right time resolved it now it's

3978

02:12:23,030 --> 02:12:21,920

only occasional so tim was talking about

3979

02:12:23,990 --> 02:12:23,040

like his waking up in the

3980

02:12:26,950 --> 02:12:24,000

night of anxiety was doing a

3981

02:12:28,629 --> 02:12:26,960

physiological cause another

3982

02:12:30,229 --> 02:12:28,639

sorry is it okay if i tell you a bit

3983

02:12:32,790 --> 02:12:30,239

about my sleep quickly yeah

3984

02:12:36,790 --> 02:12:32,800

please so i've been fasting for the past

3985

02:12:38,870 --> 02:12:36,800

some 74 hours or so into a fast

3986

02:12:41,109 --> 02:12:38,880

when i fast i tend to not be able to

3987

02:12:41,910 --> 02:12:41,119

sleep i also find that my heart races

3988

02:12:45,109 --> 02:12:41,920

faster

3989

02:12:46,950 --> 02:12:45,119

even if i even if i'm not thinking of

3990

02:12:48,229 --> 02:12:46,960

an anxious thought at all my heart just

3991

02:12:49,589 --> 02:12:48,239

seems to beat

3992

02:12:51,669 --> 02:12:49,599

i don't know if that's correlated with

3993

02:12:53,750 --> 02:12:51,679

the fasting or if that's

3994

02:12:54,870 --> 02:12:53,760

is it is it a pure water fast that

3995

02:12:57,189 --> 02:12:54,880

you're doing well sometimes

3996

02:12:58,709 --> 02:12:57,199

yeah i have coffee you have coffee okay

3997

02:13:00,550 --> 02:12:58,719

but you're not getting electrolytes

3998

02:13:03,589 --> 02:13:00,560

you're not getting anything else

3999

02:13:05,189 --> 02:13:03,599

okay so to some extent

4000

02:13:06,870 --> 02:13:05,199

the sleep deprivation may just simply be

4001

02:13:09,270 --> 02:13:06,880

a hormonal hunger thing

4002

02:13:11,109 --> 02:13:09,280

it could also be that the sense of

4003

02:13:12,069 --> 02:13:11,119

palpitations the heart kind of racing

4004

02:13:13,189 --> 02:13:12,079

that you have

4005

02:13:15,109 --> 02:13:13,199

it can sometimes be because your

4006

02:13:15,669 --> 02:13:15,119

potassium is a little out of whack

4007

02:13:17,109 --> 02:13:15,679

because

4008

02:13:19,669 --> 02:13:17,119

just finishing up with iterative like a

4009

02:13:20,790 --> 02:13:19,679

zero gatorade well gato yeah gatorade

4010

02:13:22,470 --> 02:13:20,800

without any um

4011

02:13:24,310 --> 02:13:22,480

and again i'm not an expert in water

4012

02:13:25,430 --> 02:13:24,320

fasting so someone like peter attia

4013

02:13:26,629 --> 02:13:25,440

who's a friend of mine would be a good

4014

02:13:30,229 --> 02:13:26,639

person to talk to

4015

02:13:31,589 --> 02:13:30,239

um the the idea that

4016

02:13:33,270 --> 02:13:31,599

there's a lot of things in you know in a

4017

02:13:35,189 --> 02:13:33,280

72 hour let me see so

4018

02:13:36,629 --> 02:13:35,199

you know three days of that you know

4019

02:13:38,709 --> 02:13:36,639

human body is pretty resilient you can

4020

02:13:40,790 --> 02:13:38,719

do that but there will be these

4021

02:13:42,390 --> 02:13:40,800

absolutely about to eat man after this i

4022

02:13:44,629 --> 02:13:42,400

told you i'm gonna go into bliss

4023

02:13:46,149 --> 02:13:44,639

i i'm gonna eat every i know that i

4024

02:13:46,870 --> 02:13:46,159

shouldn't do that after long fast but

4025

02:13:48,470 --> 02:13:46,880

that's how i

4026
02:13:49,910 --> 02:13:48,480
operate dude that's how that's how we

4027
02:13:51,669 --> 02:13:49,920
evolved it's like never happens

4028
02:13:53,669 --> 02:13:51,679
i'm wondering is this good for me or is

4029
02:13:55,350 --> 02:13:53,679
it bad for me going through it

4030
02:13:56,709 --> 02:13:55,360
somewhat like intermittent fasting like

4031
02:14:00,229 --> 02:13:56,719
drastic fast overeat

4032
02:14:01,830 --> 02:14:00,239
drastic fast i imagine that sorry

4033
02:14:03,669 --> 02:14:01,840
no go go ahead go ahead i imagine that

4034
02:14:05,750 --> 02:14:03,679
that's plenty of what our ancestors did

4035
02:14:07,109 --> 02:14:05,760
though not all the time but for plenty

4036
02:14:09,669 --> 02:14:07,119
of the time because you would kill

4037
02:14:10,790 --> 02:14:09,679
then so gorge assume assuming you don't

4038
02:14:12,470 --> 02:14:10,800

have an eating disorder

4039

02:14:15,270 --> 02:14:12,480

that is going to be exacerbated by this

4040

02:14:17,430 --> 02:14:15,280

right which is always a caveat

4041

02:14:19,270 --> 02:14:17,440

fasting is like it can be wonderful for

4042

02:14:20,310 --> 02:14:19,280

people i think it's not anti-physiologic

4043

02:14:23,030 --> 02:14:20,320

at all i think there's

4044

02:14:24,069 --> 02:14:23,040

plenty of at least reasonable level

4045

02:14:26,310 --> 02:14:24,079

evidence that

4046

02:14:27,189 --> 02:14:26,320

it's not harmful and it may be helpful

4047

02:14:29,830 --> 02:14:27,199

for some people

4048

02:14:31,430 --> 02:14:29,840

i myself do one meal a day as my sort of

4049

02:14:33,350 --> 02:14:31,440

feeding window thing and that's the only

4050

02:14:35,350 --> 02:14:33,360

way at 48 i keep from becoming morbidly

4051

02:14:38,550 --> 02:14:35,360

obese because i love food so much

4052

02:14:41,270 --> 02:14:38,560

i am the exact same way one meal a day

4053

02:14:42,870 --> 02:14:41,280

almost every single day because i cannot

4054

02:14:46,709 --> 02:14:42,880

help my i am avaricious

4055

02:14:49,669 --> 02:14:48,310

you're using some big words that i don't

4056

02:14:50,390 --> 02:14:49,679

understand and i'm gonna take that as a

4057

02:14:52,550 --> 02:14:50,400

personal

4058

02:14:53,430 --> 02:14:52,560

insult all right but i will say this i'm

4059

02:14:56,709 --> 02:14:53,440

a fat ass

4060

02:14:58,069 --> 02:14:56,719

if left to my own devices i will you're

4061

02:14:59,589 --> 02:14:58,079

exactly and by the way when in your in

4062

02:15:03,350 --> 02:14:59,599

your in your documentary when you showed

4063

02:15:08,790 --> 02:15:06,629

my parents are parsi from pune india

4064

02:15:09,830 --> 02:15:08,800

and my mom same thing just i just i

4065

02:15:12,950 --> 02:15:09,840

could eat that all day

4066

02:15:14,870 --> 02:15:12,960

and be like 500 pounds um

4067

02:15:16,390 --> 02:15:14,880

it it's so so your sleep and your

4068

02:15:19,189 --> 02:15:16,400

fasting they do

4069

02:15:21,350 --> 02:15:19,199

interact and some of it is the fact how

4070

02:15:24,709 --> 02:15:21,360

often do you do the fasts

4071

02:15:27,189 --> 02:15:24,719

once a week i'll fast for 48 hours

4072

02:15:28,709 --> 02:15:27,199

this one is 72 hours but it's once a

4073

02:15:30,870 --> 02:15:28,719

week about 48 hours

4074

02:15:32,629 --> 02:15:30,880

and then how are you one meal a day so

4075

02:15:34,229 --> 02:15:32,639

so so anyone who's like oh you fast and

4076

02:15:35,350 --> 02:15:34,239

your brain gets foggy i mean you started

4077

02:15:36,069 --> 02:15:35,360

out foggy because you were tired and

4078

02:15:38,470 --> 02:15:36,079

you've done a bunch of

4079

02:15:39,990 --> 02:15:38,480

podcasts but then man once you woke up

4080

02:15:42,229 --> 02:15:40,000

it was like oh [h__h]

4081

02:15:44,390 --> 02:15:42,239

so whatever ketones you're burning now

4082

02:15:45,270 --> 02:15:44,400

are you energizing me man you energize

4083

02:15:46,870 --> 02:15:45,280

me you take

4084

02:15:48,629 --> 02:15:46,880

all the credit belongs to you trust me

4085

02:15:50,390 --> 02:15:48,639

because i've been speaking to a couple

4086

02:15:53,430 --> 02:15:50,400

people today and you should have seen me

4087

02:15:55,910 --> 02:15:53,440

just in a torpor

4088

02:15:56,870 --> 02:15:55,920

with dude sometimes mental and spiritual

4089

02:15:59,669 --> 02:15:56,880

apathy

4090

02:16:01,430 --> 02:15:59,679

sometimes when i have an in-person guest

4091

02:16:04,470 --> 02:16:01,440

and i'm not feeling it

4092

02:16:05,750 --> 02:16:04,480

it's like i'm in a different world like

4093

02:16:06,069 --> 02:16:05,760

my mind is somewhere else and i'm like

4094

02:16:08,950 --> 02:16:06,079

uh

4095

02:16:10,069 --> 02:16:08,960

okay back to this happens early but it's

4096

02:16:11,510 --> 02:16:10,079

a really horrible

4097

02:16:13,270 --> 02:16:11,520

because it feels terrible well you've

4098

02:16:15,189 --> 02:16:13,280

taken your time out for me

4099

02:16:17,030 --> 02:16:15,199

and then it's as if i'm not giving you

4100

02:16:19,589 --> 02:16:17,040

your best i also

4101

02:16:20,950 --> 02:16:19,599

well i also wonder see this is what i

4102

02:16:21,510 --> 02:16:20,960

mean when i say constantly question

4103

02:16:23,990 --> 02:16:21,520

myself

4104

02:16:25,430 --> 02:16:24,000

because how much of my fasting is also

4105

02:16:27,830 --> 02:16:25,440

self-sabotage so one

4106

02:16:29,109 --> 02:16:27,840

because i'm vain and i want to keep thin

4107

02:16:31,270 --> 02:16:29,119

two because i'm

4108

02:16:32,709 --> 02:16:31,280

filled with gulosity and i want to eat

4109

02:16:35,270 --> 02:16:32,719

three because

4110

02:16:37,910 --> 02:16:35,280

it's okay that i fail because i'm

4111

02:16:40,469 --> 02:16:37,920

fasting and so therefore

4112

02:16:41,030 --> 02:16:40,479

therefore if i'm not up to par i have an

4113

02:16:43,830 --> 02:16:41,040

excuse

4114

02:16:45,669 --> 02:16:43,840

so that's not consciously there but if i

4115

02:16:46,549 --> 02:16:45,679

examine myself i can imagine that that

4116

02:16:49,990 --> 02:16:46,559

lurks just

4117

02:16:51,830 --> 02:16:50,000

thinly veiled underneath brother

4118

02:16:53,910 --> 02:16:51,840

it's like we're cut from the same cloth

4119

02:16:55,429 --> 02:16:53,920

man so the the reason i never prep for

4120

02:16:57,110 --> 02:16:55,439

interviews very much

4121

02:16:58,950 --> 02:16:57,120

is partially so i have plausible

4122

02:17:01,270 --> 02:16:58,960

deniability when it sucks

4123

02:17:02,070 --> 02:17:01,280

i'm like well you know i just winged it

4124

02:17:05,270 --> 02:17:02,080

i you know

4125

02:17:06,150 --> 02:17:05,280

i i didn't really do anything so yeah i

4126

02:17:07,429 --> 02:17:06,160

mean next time if i

4127

02:17:10,150 --> 02:17:07,439

if i did something it would have kicked

4128

02:17:11,429 --> 02:17:10,160

ass the mind and a lot of it's

4129

02:17:13,270 --> 02:17:11,439

unconscious you can bring it into

4130

02:17:15,030 --> 02:17:13,280

consciousness you shine a light on it

4131

02:17:16,549 --> 02:17:15,040

but you know i got to say and now the

4132

02:17:17,349 --> 02:17:16,559

only thing i'd say is maybe research a

4133

02:17:19,270 --> 02:17:17,359

little bit on

4134

02:17:20,469 --> 02:17:19,280

your electrolyte situation is there

4135

02:17:21,830 --> 02:17:20,479

something you can do within that fast

4136

02:17:23,910 --> 02:17:21,840

i'll try that

4137

02:17:25,750 --> 02:17:23,920

yeah you know especially potassium and

4138

02:17:28,549 --> 02:17:25,760

sodium are often

4139

02:17:28,870 --> 02:17:28,559

wasted early on in a fast as you switch

4140

02:17:31,589 --> 02:17:28,880

from

4141

02:17:32,549 --> 02:17:31,599

burning carbs to burning fat and going

4142

02:17:34,870 --> 02:17:32,559

to ketosis

4143

02:17:36,629 --> 02:17:34,880

there's a diuretic effect where you do

4144

02:17:38,230 --> 02:17:36,639

lose a lot of that so a lot of times in

4145

02:17:41,509 --> 02:17:38,240

people talk about the keto flu when

4146

02:17:42,950 --> 02:17:41,519

you're first going into ketosis

4147

02:17:46,070 --> 02:17:42,960

this idea that people feel really kind

4148

02:17:48,309 --> 02:17:46,080

of crummy may maybe partially due to

4149

02:17:49,429 --> 02:17:48,319

that aspect of it like atiya and others

4150

02:17:52,070 --> 02:17:49,439

have recommended

4151
02:17:52,709 --> 02:17:52,080
broths with high sodium and potassium

4152
02:17:54,950 --> 02:17:52,719
you can take

4153
02:17:56,230 --> 02:17:54,960
you know potassium supplements i don't

4154
02:17:57,429 --> 02:17:56,240
know if that's necessary for this

4155
02:17:58,870 --> 02:17:57,439
you'd really have to kind of dig into it

4156
02:17:59,750 --> 02:17:58,880
a bit because i'm not an expert in it

4157
02:18:02,230 --> 02:17:59,760
but those are just stuff

4158
02:18:06,549 --> 02:18:02,240
off the top of my head and then man i'm

4159
02:18:10,469 --> 02:18:08,469
eating after a fast is like oh it's

4160
02:18:13,190 --> 02:18:10,479
orgasmic yeah

4161
02:18:13,669 --> 02:18:13,200
yeah someone mentioned thc i'm wondering

4162
02:18:15,589 --> 02:18:13,679
about

4163
02:18:18,150 --> 02:18:15,599

dabbling in some of that that also helps

4164

02:18:22,070 --> 02:18:18,160

me sleep thc helps tremendously

4165

02:18:23,910 --> 02:18:22,080

but apparently thc while it reduces the

4166

02:18:26,070 --> 02:18:23,920

sleep lag like the time it takes to get

4167

02:18:27,270 --> 02:18:26,080

to sleep it disrupts your sleep cycle

4168

02:18:29,349 --> 02:18:27,280

but cbd

4169

02:18:31,669 --> 02:18:29,359

doesn't contribute to sleep lag but it

4170

02:18:33,750 --> 02:18:31,679

helps your sleep cycle

4171

02:18:36,070 --> 02:18:33,760

yeah that i've i've heard exactly that

4172

02:18:37,669 --> 02:18:36,080

and i've experienced that with thc that

4173

02:18:39,110 --> 02:18:37,679

you go to sleep fine and then you wake

4174

02:18:40,950 --> 02:18:39,120

up with this

4175

02:18:42,469 --> 02:18:40,960

you know kind of dysphoric sense in the

4176
02:18:43,270 --> 02:18:42,479
middle of the night a few times at least

4177
02:18:46,629 --> 02:18:43,280
i do

4178
02:18:50,830 --> 02:18:46,639
i know for me for me i wake up in

4179
02:18:53,110 --> 02:18:50,840
a bed of mirthful

4180
02:18:56,309 --> 02:18:53,120
overjoyed the

4181
02:18:58,790 --> 02:18:56,319
jubilation like oh my gosh this feels so

4182
02:18:59,429 --> 02:18:58,800
great because i wake up so rested and

4183
02:19:00,629 --> 02:18:59,439
even

4184
02:19:02,230 --> 02:19:00,639
in the middle of the night if i wake up

4185
02:19:03,509 --> 02:19:02,240
i'm like these are the best sheets they

4186
02:19:07,669 --> 02:19:03,519
feel like they've been

4187
02:19:09,750 --> 02:19:07,679
just washed and it's the queen's sheets

4188
02:19:11,270 --> 02:19:09,760

isn't it fascinating how our perception

4189

02:19:13,910 --> 02:19:11,280

is so malleable

4190

02:19:15,910 --> 02:19:13,920

you know hey one thing kind of just to

4191

02:19:17,030 --> 02:19:15,920

tie it and i i i'm by the way just stop

4192

02:19:18,230 --> 02:19:17,040

me whenever you need to go because i

4193

02:19:19,030 --> 02:19:18,240

know you keep going i'm enjoying this

4194

02:19:20,790 --> 02:19:19,040

man i just wanted

4195

02:19:22,469 --> 02:19:20,800

let me tell my wife once more i just

4196

02:19:23,589 --> 02:19:22,479

want her to know and let me get up don't

4197

02:19:26,709 --> 02:19:23,599

get me in trouble bro

4198

02:19:31,030 --> 02:19:28,629

you know let me read a comment real

4199

02:19:32,790 --> 02:19:31,040

quick while we're doing this um

4200

02:19:34,469 --> 02:19:32,800

i wake up with the munchies says jamie

4201

02:19:35,990 --> 02:19:34,479

vance there it is lizette paris is a

4202

02:19:36,790 --> 02:19:36,000

supporter says oh i feel like indian

4203

02:19:38,870 --> 02:19:36,800

food right now

4204

02:19:40,469 --> 02:19:38,880

right so do i we're getting korean food

4205

02:19:41,910 --> 02:19:40,479

tonight after the show i'm going with my

4206

02:19:43,990 --> 02:19:41,920

family we're going to go to

4207

02:19:46,230 --> 02:19:44,000

foster city and get some dope korean

4208

02:19:48,309 --> 02:19:46,240

food on facebook samantha

4209

02:19:49,429 --> 02:19:48,319

espionage says i'm very open-minded and

4210

02:19:50,950 --> 02:19:49,439

will listen to the beliefs of others

4211

02:19:53,190 --> 02:19:50,960

even if they contradict my own

4212

02:19:54,870 --> 02:19:53,200

i take both into consideration and if

4213

02:19:55,670 --> 02:19:54,880

the opposing belief seems more logical

4214

02:19:57,190 --> 02:19:55,680

than my own

4215

02:19:58,309 --> 02:19:57,200

then i'm not afraid to allow myself to

4216

02:19:59,750 --> 02:19:58,319

adopt them so that's what you

4217

02:20:01,030 --> 02:19:59,760

consciously think samantha that you're

4218

02:20:02,630 --> 02:20:01,040

already ahead of most people

4219

02:20:04,070 --> 02:20:02,640

i would advise you to even look

4220

02:20:05,830 --> 02:20:04,080

unconsciously and go

4221

02:20:07,030 --> 02:20:05,840

what part of me is resisting this what

4222

02:20:08,070 --> 02:20:07,040

part of me is triggered by this what

4223

02:20:10,870 --> 02:20:08,080

part of me won't

4224

02:20:12,070 --> 02:20:10,880

um let go or the malleability of my own

4225

02:20:13,510 --> 02:20:12,080

beliefs and it may be that you're

4226
02:20:15,590 --> 02:20:13,520
you've already done that right which is

4227
02:20:17,590 --> 02:20:15,600
wonderful but many of us haven't

4228
02:20:19,349 --> 02:20:17,600
you know my unconscious is very

4229
02:20:22,469 --> 02:20:19,359
resistant to a lot of things

4230
02:20:23,750 --> 02:20:22,479
and i have to bring that resistance into

4231
02:20:25,030 --> 02:20:23,760
conscious awareness you know shine a

4232
02:20:26,469 --> 02:20:25,040
light on it you know they say like

4233
02:20:27,590 --> 02:20:26,479
sunlight's the best disinfectant it's

4234
02:20:30,469 --> 02:20:27,600
the same with consciousness

4235
02:20:31,190 --> 02:20:30,479
making something that's automatic

4236
02:20:33,830 --> 02:20:31,200
something that's

4237
02:20:35,030 --> 02:20:33,840
now aware is is a huge uh asset so what

4238
02:20:36,150 --> 02:20:35,040

were we talking about brother we were

4239

02:20:39,830 --> 02:20:36,160

talking about um

4240

02:20:41,830 --> 02:20:39,840

perception so

4241

02:20:43,270 --> 02:20:41,840

the one interesting insight i've had

4242

02:20:46,870 --> 02:20:43,280

that may not be an insight so

4243

02:20:48,230 --> 02:20:46,880

i rarely ever uh uh use thc anymore when

4244

02:20:49,270 --> 02:20:48,240

i was younger it was a different subject

4245

02:20:51,110 --> 02:20:49,280

but

4246

02:20:52,710 --> 02:20:51,120

now you know occasionally i'll do it as

4247

02:20:54,230 --> 02:20:52,720

an experiment into

4248

02:20:56,630 --> 02:20:54,240

into consciousness like what what does

4249

02:20:58,469 --> 02:20:56,640

this do yeah i'm not a fan of recreation

4250

02:21:00,469 --> 02:20:58,479

drug use recreational drug use

4251

02:21:01,750 --> 02:21:00,479

it has to be for a particular purpose

4252

02:21:03,349 --> 02:21:01,760

like insight into the

4253

02:21:05,190 --> 02:21:03,359

into reality or to help you sleep or

4254

02:21:06,389 --> 02:21:05,200

whatever maybe therapeutic

4255

02:21:08,469 --> 02:21:06,399

therapy yeah some kind of

4256

02:21:09,830 --> 02:21:08,479

investigational purpose now right when i

4257

02:21:10,950 --> 02:21:09,840

was young it was recreational and that

4258

02:21:14,309 --> 02:21:10,960

was not a good idea

4259

02:21:16,469 --> 02:21:14,319

so the the the um

4260

02:21:18,230 --> 02:21:16,479

what i noticed with that is you know if

4261

02:21:20,790 --> 02:21:18,240

hoffman talks about

4262

02:21:22,230 --> 02:21:20,800

our perceptual interface our his

4263

02:21:24,550 --> 02:21:22,240

interface theory which is

4264

02:21:25,510 --> 02:21:24,560

we have a species specific way of seeing

4265

02:21:27,270 --> 02:21:25,520

the

4266

02:21:29,670 --> 02:21:27,280

social network of consciousness around

4267

02:21:31,670 --> 02:21:29,680

us and it and it's evolved to

4268

02:21:33,670 --> 02:21:31,680

allow us to reproduce it's it's fitness

4269

02:21:36,710 --> 02:21:33,680

payoffs it's not seeing truth

4270

02:21:37,349 --> 02:21:36,720

well what drugs do like thc like lsd

4271

02:21:41,270 --> 02:21:37,359

whatever

4272

02:21:42,710 --> 02:21:41,280

is they take that evolved interface and

4273

02:21:46,070 --> 02:21:42,720

they shift it

4274

02:21:49,190 --> 02:21:46,080

so lsd may really

4275

02:21:49,830 --> 02:21:49,200

just blow it out right it's what you're

4276
02:21:51,990 --> 02:21:49,840
saying that

4277
02:21:53,830 --> 02:21:52,000
what we see on lsd may be partially what

4278
02:21:55,030 --> 02:21:53,840
reality is truly like or distorted

4279
02:21:57,510 --> 02:21:55,040
version

4280
02:21:59,510 --> 02:21:57,520
no what we're all what i'm what i would

4281
02:22:01,110 --> 02:21:59,520
argue is hoffman's argument which is

4282
02:22:02,950 --> 02:22:01,120
reality is simply consciousness

4283
02:22:05,349 --> 02:22:02,960
interacting with itself and we

4284
02:22:06,389 --> 02:22:05,359
see it in a constructed way that

4285
02:22:08,950 --> 02:22:06,399
benefits us

4286
02:22:10,389 --> 02:22:08,960
as a species to reproduce so we

4287
02:22:11,750 --> 02:22:10,399
construct it in a way that allows us to

4288
02:22:13,590 --> 02:22:11,760

get food and have mates

4289

02:22:15,429 --> 02:22:13,600

now what what the drugs do is they don't

4290

02:22:16,150 --> 02:22:15,439

you don't you don't see more reality or

4291

02:22:19,190 --> 02:22:16,160

whatever

4292

02:22:21,510 --> 02:22:19,200

what you do is you see that same

4293

02:22:22,790 --> 02:22:21,520

reality the objective reality which is

4294

02:22:26,070 --> 02:22:22,800

this conscious

4295

02:22:28,070 --> 02:22:26,080

agent network happening um

4296

02:22:29,590 --> 02:22:28,080

manifesting but you see it with a

4297

02:22:31,110 --> 02:22:29,600

different interface you might see it

4298

02:22:33,750 --> 02:22:31,120

with an interface that

4299

02:22:34,710 --> 02:22:33,760

would be evolutionarily advantageous if

4300

02:22:37,110 --> 02:22:34,720

x y and z

4301

02:22:38,469 --> 02:22:37,120

so what i find with thc this is what i

4302

02:22:39,910 --> 02:22:38,479

think is fascinating

4303

02:22:41,590 --> 02:22:39,920

you you'll talk to those people right

4304

02:22:43,110 --> 02:22:41,600

who are and there's a lot of variation

4305

02:22:46,550 --> 02:22:43,120

in our own interfaces people with

4306

02:22:49,910 --> 02:22:46,560

synesthesia who you know hear sounds or

4307

02:22:51,429 --> 02:22:49,920

see uh sounds things like that or

4308

02:22:53,670 --> 02:22:51,439

hoffman gives the example of the

4309

02:22:56,469 --> 02:22:53,680

chef who whenever he tastes mint he

4310

02:22:59,349 --> 02:22:56,479

feels in his hand a cool column of glass

4311

02:23:00,630 --> 02:22:59,359

um those are mutations in our interface

4312

02:23:02,070 --> 02:23:00,640

they're changes in our interface that at

4313

02:23:03,349 --> 02:23:02,080

some point may become evolutionary

4314

02:23:05,510 --> 02:23:03,359

advantageous

4315

02:23:06,950 --> 02:23:05,520

and we select for them so what what what

4316

02:23:08,469 --> 02:23:06,960

i think is

4317

02:23:10,469 --> 02:23:08,479

with thc there are those people who are

4318

02:23:12,230 --> 02:23:10,479

like bro i just i'm so anxious at

4319

02:23:13,910 --> 02:23:12,240

baseline i can't sleep at baseline i'm

4320

02:23:16,230 --> 02:23:13,920

a total [h__h] like joe rogan will say

4321

02:23:17,590 --> 02:23:16,240

this i'm a complete [h__h] at baseline

4322

02:23:19,349 --> 02:23:17,600

i smoke some weed and i'm just a

4323

02:23:21,349 --> 02:23:19,359

different person i'm better

4324

02:23:22,630 --> 02:23:21,359

i'm calmer i sleep better i could do

4325

02:23:23,750 --> 02:23:22,640

this all day every day and still

4326
02:23:26,150 --> 02:23:23,760
function perfectly

4327
02:23:27,349 --> 02:23:26,160
what i suspect with them is their

4328
02:23:29,670 --> 02:23:27,359
baseline interface

4329
02:23:30,550 --> 02:23:29,680
is slightly shifted towards the more

4330
02:23:32,870 --> 02:23:30,560
paranoid

4331
02:23:33,670 --> 02:23:32,880
a little more sensitive a little more

4332
02:23:35,429 --> 02:23:33,680
anxious

4333
02:23:37,429 --> 02:23:35,439
a little more insomnia a little more

4334
02:23:38,950 --> 02:23:37,439
thoughts racing you give them thc it

4335
02:23:39,349 --> 02:23:38,960
shifts it back to what you and i would

4336
02:23:42,150 --> 02:23:39,359
call

4337
02:23:43,110 --> 02:23:42,160
normal or or whoever whoever's in that

4338
02:23:45,110 --> 02:23:43,120

normal state

4339

02:23:46,389 --> 02:23:45,120

for me as someone who's you know a

4340

02:23:48,790 --> 02:23:46,399

little anxious whatever what

4341

02:23:51,349 --> 02:23:48,800

what that shift does is it makes me more

4342

02:23:53,590 --> 02:23:51,359

paranoid more sensitive

4343

02:23:55,110 --> 02:23:53,600

more enjoyable of sensory stimulus so

4344

02:23:58,389 --> 02:23:55,120

food touch

4345

02:24:01,190 --> 02:23:58,399

sound is unbelievable

4346

02:24:03,590 --> 02:24:01,200

but with that comes a sensitivity to

4347

02:24:05,670 --> 02:24:03,600

thought and a self-referential

4348

02:24:08,070 --> 02:24:05,680

aspect that makes me very unhappy like i

4349

02:24:11,270 --> 02:24:08,080

see myself from outside is this horrible

4350

02:24:13,910 --> 02:24:11,280

just evil nasty thing and it's crippling

4351

02:24:16,150 --> 02:24:13,920

so so it's a shift in our perception a

4352

02:24:18,630 --> 02:24:16,160

little frame shift and the dose

4353

02:24:20,550 --> 02:24:18,640

tells you how far you shift um and the

4354

02:24:21,750 --> 02:24:20,560

kind tells you what you shift into so if

4355

02:24:23,670 --> 02:24:21,760

it's like lsd or

4356

02:24:25,670 --> 02:24:23,680

interesting thc that's my theory now

4357

02:24:29,510 --> 02:24:25,680

again how do i prove it

4358

02:24:31,429 --> 02:24:29,520

can't yeah yeah

4359

02:24:33,030 --> 02:24:31,439

what have we not touched on was there

4360

02:24:34,469 --> 02:24:33,040

something we're supposed to

4361

02:24:36,070 --> 02:24:34,479

there's a universe of things that we'll

4362

02:24:38,870 --> 02:24:36,080

just have to do a follow-up

4363

02:24:39,429 --> 02:24:38,880

yeah we definitely will i you know we

4364

02:24:40,710 --> 02:24:39,439

were gonna

4365

02:24:42,710 --> 02:24:40,720

medicine and all that that's a whole

4366

02:24:44,630 --> 02:24:42,720

nother conversation we talked about

4367

02:24:46,710 --> 02:24:44,640

a lot of things okay i have one question

4368

02:24:48,150 --> 02:24:46,720

i wrote okay someone said

4369

02:24:49,349 --> 02:24:48,160

i heard him talk on trigonometry

4370

02:24:50,950 --> 02:24:49,359

recently which i don't think is true

4371

02:24:52,630 --> 02:24:50,960

were you on trigonometry

4372

02:24:54,710 --> 02:24:52,640

perhaps they better no actually i wasn't

4373

02:24:57,030 --> 02:24:54,720

i saw that coming yeah i don't think so

4374

02:24:58,309 --> 02:24:57,040

perhaps they meant rebel wisdom okay

4375

02:24:59,030 --> 02:24:58,319

excellent he spoke of the problem of

4376

02:25:01,030 --> 02:24:59,040

changing

4377

02:25:03,349 --> 02:25:01,040

his opinion based on new information it

4378

02:25:05,510 --> 02:25:03,359

is old okay now see

4379

02:25:07,110 --> 02:25:05,520

we talked about grandstanding before i

4380

02:25:08,550 --> 02:25:07,120

think there's rational

4381

02:25:10,469 --> 02:25:08,560

it's almost like virtue signaling this

4382

02:25:11,990 --> 02:25:10,479

rational signaling i don't believe

4383

02:25:13,910 --> 02:25:12,000

people when they say i change my mind

4384

02:25:15,750 --> 02:25:13,920

based on new information

4385

02:25:17,270 --> 02:25:15,760

the reason why is that it's extremely

4386

02:25:19,750 --> 02:25:17,280

hard to change your mind

4387

02:25:21,110 --> 02:25:19,760

it's and not only that but would you

4388

02:25:21,910 --> 02:25:21,120

change your mind based on any new

4389

02:25:23,670 --> 02:25:21,920

information

4390

02:25:25,030 --> 02:25:23,680

are you saying that you have no other

4391

02:25:27,349 --> 02:25:25,040

value system embedded

4392

02:25:29,110 --> 02:25:27,359

so for example if the world told you

4393

02:25:29,590 --> 02:25:29,120

through some truth mechanism that you

4394

02:25:31,910 --> 02:25:29,600

should

4395

02:25:34,389 --> 02:25:31,920

kill your wife or kill your dog are you

4396

02:25:36,070 --> 02:25:34,399

telling me that you're going to override

4397

02:25:38,389 --> 02:25:36,080

your beliefs to follow what's rational

4398

02:25:40,550 --> 02:25:38,399

is rationality the god

4399

02:25:41,910 --> 02:25:40,560

why should you follow that if it leads

4400

02:25:45,670 --> 02:25:41,920

you to destruction

4401

02:25:47,670 --> 02:25:45,680

so i i saw that and i thought about

4402

02:25:49,110 --> 02:25:47,680

i don't believe people and i saw this

4403

02:25:51,590 --> 02:25:49,120

veritasium video once

4404

02:25:52,389 --> 02:25:51,600

not to pick on veritasium but veritasium

4405

02:25:54,469 --> 02:25:52,399

was in a

4406

02:25:55,670 --> 02:25:54,479

university crowd holding the camera to

4407

02:25:57,349 --> 02:25:55,680

himself and someone was saying

4408

02:25:59,030 --> 02:25:57,359

how is it that you change your mind when

4409

02:26:00,870 --> 02:25:59,040

you are presented with new beliefs

4410

02:26:02,309 --> 02:26:00,880

and he's like well you know these

4411

02:26:03,830 --> 02:26:02,319

beliefs you just

4412

02:26:05,190 --> 02:26:03,840

you get new information you update them

4413

02:26:05,670 --> 02:26:05,200

you just slot it in even though you

4414

02:26:07,750 --> 02:26:05,680

don't like

4415

02:26:09,750 --> 02:26:07,760

and i'm like you're so pretentious man

4416

02:26:11,349 --> 02:26:09,760

firstly you don't think like that

4417

02:26:13,830 --> 02:26:11,359

secondly it's not that easy thirdly

4418

02:26:15,990 --> 02:26:13,840

maybe you shouldn't because

4419

02:26:17,830 --> 02:26:16,000

well you don't know where rationality

4420

02:26:20,710 --> 02:26:17,840

alone will lead you rationality

4421

02:26:21,349 --> 02:26:20,720

is a it's like an arrow with no

4422

02:26:25,110 --> 02:26:21,359

direction

4423

02:26:27,030 --> 02:26:25,120

process isn't exactly rational it's like

4424

02:26:28,309 --> 02:26:27,040

pre-rational

4425

02:26:30,309 --> 02:26:28,319

those were my thoughts and i wanted to

4426
02:26:34,070 --> 02:26:30,319
know what you thought about that dude

4427
02:26:36,070 --> 02:26:34,080
so how big of a jonathan height uh

4428
02:26:37,190 --> 02:26:36,080
understanding do you have not much not

4429
02:26:39,750 --> 02:26:37,200
much other than

4430
02:26:41,110 --> 02:26:39,760
big five and political belief that's it

4431
02:26:42,950 --> 02:26:41,120
right right right right right talk about

4432
02:26:44,150 --> 02:26:42,960
the big five um the moral palette you

4433
02:26:46,790 --> 02:26:44,160
know fairness versus

4434
02:26:49,910 --> 02:26:46,800
cheating authority versus subversion etc

4435
02:26:54,070 --> 02:26:51,990
analogy which i think speaks exactly

4436
02:26:56,550 --> 02:26:54,080
what you're saying is this

4437
02:26:57,830 --> 02:26:56,560
so and i keep this here because i i i

4438
02:26:59,750 --> 02:26:57,840

want to be reminded of it

4439

02:27:02,230 --> 02:26:59,760

the elephant and the writer i'm

4440

02:27:03,590 --> 02:27:02,240

surprised not a monkey on the elephant

4441

02:27:04,950 --> 02:27:03,600

right that would be better it's just

4442

02:27:06,710 --> 02:27:04,960

someone one of my supporters sent me

4443

02:27:10,469 --> 02:27:06,720

this and so i use it as an example

4444

02:27:13,030 --> 02:27:10,479

so thank you uh patricia i think

4445

02:27:14,710 --> 02:27:13,040

sent me this so the elephant is our

4446

02:27:16,550 --> 02:27:14,720

primitive emotional

4447

02:27:17,990 --> 02:27:16,560

mind what daniel kahneman would call

4448

02:27:21,030 --> 02:27:18,000

system one

4449

02:27:24,630 --> 02:27:21,040

so it's it works on heuristics emotion

4450

02:27:27,190 --> 02:27:24,640

feeling intuition instant fast yes

4451
02:27:27,830 --> 02:27:27,200
it's the fast system exactly so it

4452
02:27:29,830 --> 02:27:27,840
happens

4453
02:27:31,510 --> 02:27:29,840
it's we share it with a lot of animals

4454
02:27:32,630 --> 02:27:31,520
it's it's um highly conservative

4455
02:27:35,349 --> 02:27:32,640
evolutionarily

4456
02:27:36,469 --> 02:27:35,359
ancient brain and it works to make these

4457
02:27:39,270 --> 02:27:36,479
snap judgments

4458
02:27:40,630 --> 02:27:39,280
it it holds our deepest sort of biases

4459
02:27:43,510 --> 02:27:40,640
and beliefs it's partially

4460
02:27:44,630 --> 02:27:43,520
genetic it's partially conditioned but

4461
02:27:46,950 --> 02:27:44,640
it is what it is

4462
02:27:48,630 --> 02:27:46,960
and it's the thing when i say oh we made

4463
02:27:49,910 --> 02:27:48,640

a decision you know six seconds before

4464

02:27:51,510 --> 02:27:49,920

we're aware of it

4465

02:27:53,190 --> 02:27:51,520

often that's our elephant just making

4466

02:27:53,910 --> 02:27:53,200

that decision unconsciously and feeding

4467

02:27:57,030 --> 02:27:53,920

it up

4468

02:28:00,150 --> 02:27:57,040

to this guy who is the writer

4469

02:28:03,750 --> 02:28:00,160

of the elephant that's our neocortex so

4470

02:28:06,389 --> 02:28:03,760

rational thought math moral reasoning

4471

02:28:07,510 --> 02:28:06,399

persuasion verbally uh those kind of

4472

02:28:11,349 --> 02:28:07,520

things

4473

02:28:15,110 --> 02:28:11,359

the the writer seems to be something

4474

02:28:16,590 --> 02:28:15,120

reasonably unique to higher mammals um

4475

02:28:18,150 --> 02:28:16,600

in that you know and probably

4476

02:28:19,910 --> 02:28:18,160

self-referential thought

4477

02:28:21,670 --> 02:28:19,920

occurs in that it's slower it's more

4478

02:28:24,630 --> 02:28:21,680

deliberate it takes more atp

4479

02:28:25,429 --> 02:28:24,640

to to make it happen and the theory was

4480

02:28:27,429 --> 02:28:25,439

oh we

4481

02:28:29,190 --> 02:28:27,439

we evolved the writer to control the

4482

02:28:32,389 --> 02:28:29,200

elephant so that

4483

02:28:34,950 --> 02:28:32,399

you know we are our rational thought

4484

02:28:35,910 --> 02:28:34,960

overrides emotion but look at the size

4485

02:28:37,670 --> 02:28:35,920

differential

4486

02:28:39,510 --> 02:28:37,680

like who's really in charge so height

4487

02:28:39,990 --> 02:28:39,520

argues that the data actually shows that

4488

02:28:43,830 --> 02:28:40,000

he's

4489

02:28:45,670 --> 02:28:43,840
reviewed that the I th the writer

4490

02:28:47,110 --> 02:28:45,680
is not the president in this little

4491

02:28:50,389 --> 02:28:47,120
consortium it's

4492

02:28:53,670 --> 02:28:50,399
the elephant's press secretary hmm

4493

02:28:54,870 --> 02:28:53,680
have you heard me go chris master in

4494

02:28:55,910 --> 02:28:54,880
a little bit and i saw that you'd

4495

02:28:57,030 --> 02:28:55,920
interviewed him that was the next thing

4496

02:28:58,870 --> 02:28:57,040
on my list to watch

4497

02:29:00,309 --> 02:28:58,880
so i'm sure he kind of talks about this

4498

02:29:01,830 --> 02:29:00,319
precisely right right

4499

02:29:03,110 --> 02:29:01,840
right same thing all these roads

4500

02:29:04,469 --> 02:29:03,120
converge because i think they're they're

4501

02:29:05,990 --> 02:29:04,479

pointing at some truth

4502

02:29:07,590 --> 02:29:06,000

and the idea is that it's a press

4503

02:29:09,190 --> 02:29:07,600

secretary because the elephant

4504

02:29:09,990 --> 02:29:09,200

emotionally beliefwise has already

4505

02:29:13,030 --> 02:29:10,000

decided

4506

02:29:15,670 --> 02:29:13,040

it then needs this writer to persuade

4507

02:29:16,309 --> 02:29:15,680

others in the tribe that we're right

4508

02:29:18,469 --> 02:29:16,319

because

4509

02:29:21,830 --> 02:29:18,479

our life depends on it hunting rights

4510

02:29:25,190 --> 02:29:21,840

breeding rights food rights in a tribe

4511

02:29:27,030 --> 02:29:25,200

so evolutionarily this writer evolved

4512

02:29:29,190 --> 02:29:27,040

as a persuasive tool well now you

4513

02:29:31,510 --> 02:29:29,200

weaponize that through social media

4514

02:29:32,950 --> 02:29:31,520

where everyone's got their elephant they

4515

02:29:35,750 --> 02:29:32,960

now have a like button

4516

02:29:37,510 --> 02:29:35,760

to say my elephant agrees and a comment

4517

02:29:38,389 --> 02:29:37,520

field to go here's what my writer thinks

4518

02:29:39,990 --> 02:29:38,399

of that

4519

02:29:42,070 --> 02:29:40,000

a dislike button to say or an angry

4520

02:29:43,910 --> 02:29:42,080

button to say my outfit disagrees and a

4521

02:29:46,790 --> 02:29:43,920

comment field to attack

4522

02:29:48,870 --> 02:29:46,800

and none of it goes to how do i change

4523

02:29:51,190 --> 02:29:48,880

my mind in the face of new data

4524

02:29:53,349 --> 02:29:51,200

right so when i say i've changed my mind

4525

02:29:55,750 --> 02:29:53,359

like for masks

4526

02:29:56,950 --> 02:29:55,760

elephant response on mass early on was

4527

02:29:59,190 --> 02:29:56,960

uh i'm a doctor

4528

02:30:01,110 --> 02:29:59,200

this is [h__h] like having the public

4529

02:30:02,550 --> 02:30:01,120

wear a diaper on their face is dumb

4530

02:30:04,389 --> 02:30:02,560

it's not going to do anything because

4531

02:30:05,510 --> 02:30:04,399

people don't use it correctly they're

4532

02:30:07,429 --> 02:30:05,520

going to touch their face

4533

02:30:09,030 --> 02:30:07,439

at that time i thought this was also for

4534

02:30:12,230 --> 02:30:09,040

medically transmitted meaning

4535

02:30:14,389 --> 02:30:12,240

a lot on surfaces and been disproven so

4536

02:30:16,150 --> 02:30:14,399

i was telling people in videos listen i

4537

02:30:18,389 --> 02:30:16,160

think wearing a mask outside

4538

02:30:19,670 --> 02:30:18,399

as a public person unless it's an n95 or

4539

02:30:21,110 --> 02:30:19,680

a surgical grade mask

4540

02:30:22,230 --> 02:30:21,120

is a dumb idea and i don't want you

4541

02:30:23,830 --> 02:30:22,240

doing those things because you're going

4542

02:30:24,870 --> 02:30:23,840

to hurt my tribe which is the frontline

4543

02:30:26,710 --> 02:30:24,880

healthcare professionals

4544

02:30:27,910 --> 02:30:26,720

who don't have enough ppe and they're

4545

02:30:30,230 --> 02:30:27,920

seeing this right

4546

02:30:31,030 --> 02:30:30,240

and community spread isn't as high yet

4547

02:30:33,510 --> 02:30:31,040

well

4548

02:30:34,870 --> 02:30:33,520

when when that shifted for me was having

4549

02:30:36,950 --> 02:30:34,880

some guests on the show like monica

4550

02:30:38,469 --> 02:30:36,960

gandhi who said listen

4551
02:30:40,550 --> 02:30:38,479
even off-camera she was telling me

4552
02:30:42,630 --> 02:30:40,560
listen we don't have data that shows

4553
02:30:45,670 --> 02:30:42,640
that mass work that's a problem we don't

4554
02:30:47,910 --> 02:30:45,680
we have certain suggestions that it

4555
02:30:49,990 --> 02:30:47,920
reduces the inoculum of the virus

4556
02:30:51,190 --> 02:30:50,000
so that even a dumb diaper on your face

4557
02:30:51,670 --> 02:30:51,200
is going to reduce the sheer number of

4558
02:30:54,550 --> 02:30:51,680
viral

4559
02:30:55,190 --> 02:30:54,560
particles so you may then turn a icu

4560
02:30:59,910 --> 02:30:55,200
case

4561
02:31:01,590 --> 02:30:59,920
some data to suggest that viral inoculum

4562
02:31:03,349 --> 02:31:01,600
especially in other diseases

4563
02:31:04,950 --> 02:31:03,359

matters for severity of illness and so

4564

02:31:05,510 --> 02:31:04,960

then i said okay this is different now

4565

02:31:07,910 --> 02:31:05,520

so now

4566

02:31:09,670 --> 02:31:07,920

anything on your face might reduce you

4567

02:31:11,510 --> 02:31:09,680

down to an asymptomatic case

4568

02:31:12,950 --> 02:31:11,520

and so then i said listen guys i think

4569

02:31:13,990 --> 02:31:12,960

probably i don't believe in math

4570

02:31:15,670 --> 02:31:14,000

mandates because my

4571

02:31:17,830 --> 02:31:15,680

libertarian elephant is like probably

4572

02:31:19,429 --> 02:31:17,840

not a good idea but

4573

02:31:21,349 --> 02:31:19,439

maybe we should say that this is not a

4574

02:31:22,950 --> 02:31:21,359

bad a bad thing and if it keeps us

4575

02:31:24,550 --> 02:31:22,960

bends the curve so that my colleagues in

4576
02:31:26,070 --> 02:31:24,560
the hospital can survive this and we do

4577
02:31:27,990 --> 02:31:26,080
okay then maybe that's a good thing

4578
02:31:29,910 --> 02:31:28,000
so that was an example of changing even

4579
02:31:31,349 --> 02:31:29,920
publicly what i was saying

4580
02:31:33,110 --> 02:31:31,359
the other thing that i changed and this

4581
02:31:34,870 --> 02:31:33,120
was pure bias in the beginning too

4582
02:31:35,990 --> 02:31:34,880
that i had to recognize i had a bias

4583
02:31:37,190 --> 02:31:36,000
like you said in the beginning towards

4584
02:31:38,870 --> 02:31:37,200
the authorities

4585
02:31:41,429 --> 02:31:38,880
like wait cdc is saying it's not a big

4586
02:31:43,429 --> 02:31:41,439
deal who's not calling this a pandemic

4587
02:31:44,630 --> 02:31:43,439
the chinese government scientists are

4588
02:31:45,990 --> 02:31:44,640

saying okay we like what they're doing

4589

02:31:47,510 --> 02:31:46,000

here they caught this early

4590

02:31:49,349 --> 02:31:47,520

so i did a video where it's like guys

4591

02:31:50,550 --> 02:31:49,359

this is what could happen i don't think

4592

02:31:52,150 --> 02:31:50,560

it is because the chinese have got this

4593

02:31:53,349 --> 02:31:52,160

under control it's the stupidest

4594

02:31:55,270 --> 02:31:53,359

it's still available i don't delete

4595

02:31:56,790 --> 02:31:55,280

videos it's out there in the beginning

4596

02:31:57,429 --> 02:31:56,800

of the family like january i'm like stop

4597

02:31:58,389 --> 02:31:57,439

freaking out

4598

02:31:59,349 --> 02:31:58,399

here's what's happening now this could

4599

02:32:00,550 --> 02:31:59,359

get bad these are the things we need to

4600

02:32:01,270 --> 02:32:00,560

worry about this way and they did a

4601
02:32:03,590 --> 02:32:01,280
great job

4602
02:32:04,870 --> 02:32:03,600
oh my god did that video not age well so

4603
02:32:06,389 --> 02:32:04,880
i leave those comments like

4604
02:32:07,830 --> 02:32:06,399
rip me a new one man i'm an idiot and

4605
02:32:08,550 --> 02:32:07,840
then i have to go back and say here's

4606
02:32:10,870 --> 02:32:08,560
why i change

4607
02:32:13,190 --> 02:32:10,880
now i'm very distrustful of anything

4608
02:32:14,630 --> 02:32:13,200
until i'm convinced by talking to enough

4609
02:32:15,670 --> 02:32:14,640
people that are i'm connected to or

4610
02:32:17,429 --> 02:32:15,680
reading the data that

4611
02:32:19,429 --> 02:32:17,439
that it's something different but it

4612
02:32:20,710 --> 02:32:19,439
still hurts it still hurts our belief

4613
02:32:21,750 --> 02:32:20,720

structure like if it violates like if

4614

02:32:23,670 --> 02:32:21,760

you told me tomorrow

4615

02:32:25,830 --> 02:32:23,680

man this vaccine that i've been talking

4616

02:32:26,950 --> 02:32:25,840

about publicly is harming people making

4617

02:32:28,150 --> 02:32:26,960

them infertile doing all this other

4618

02:32:29,590 --> 02:32:28,160

stuff here now we have data it's

4619

02:32:31,429 --> 02:32:29,600

incontrovertible or as close to

4620

02:32:34,790 --> 02:32:31,439

incontrovertible yes

4621

02:32:37,670 --> 02:32:34,800

i would i would want to die

4622

02:32:39,030 --> 02:32:37,680

like i it would feel so horrible because

4623

02:32:40,710 --> 02:32:39,040

my belief structure is

4624

02:32:42,309 --> 02:32:40,720

no actually i've looked at this data

4625

02:32:44,710 --> 02:32:42,319

i've used all my tools of belief

4626
02:32:45,590 --> 02:32:44,720
and science on it and i'm very convinced

4627
02:32:47,349 --> 02:32:45,600
this is safe

4628
02:32:48,389 --> 02:32:47,359
something crazy has happened okay the

4629
02:32:50,230 --> 02:32:48,399
first thing is to do is got to do a

4630
02:32:51,670 --> 02:32:50,240
video and say i was wrong about this

4631
02:32:53,429 --> 02:32:51,680
and that's going to hurt like it's going

4632
02:32:55,910 --> 02:32:53,439
to be the worst but

4633
02:32:57,110 --> 02:32:55,920
you have to you have to accept that

4634
02:32:58,230 --> 02:32:57,120
level of pain

4635
02:32:59,590 --> 02:32:58,240
and but i think you're right i think

4636
02:33:00,550 --> 02:32:59,600
it's very easy to virtue signal i

4637
02:33:02,870 --> 02:33:00,560
changed my mind

4638
02:33:04,309 --> 02:33:02,880

look at me i'm a better human and really

4639

02:33:05,910 --> 02:33:04,319

not be changing your mind at all

4640

02:33:07,750 --> 02:33:05,920

in fact if anything your fundamental

4641

02:33:10,150 --> 02:33:07,760

belief is i go wherever the popular

4642

02:33:11,510 --> 02:33:10,160

wisdom is or whatever will get me views

4643

02:33:13,590 --> 02:33:11,520

and you haven't changed that belief at

4644

02:33:15,670 --> 02:33:13,600

all so by changing this belief

4645

02:33:17,030 --> 02:33:15,680

you're just going with that flow and

4646

02:33:20,309 --> 02:33:17,040

that's something you have to be very

4647

02:33:22,469 --> 02:33:20,319

aware of it's it's tough it's re it's a

4648

02:33:25,750 --> 02:33:22,479

reason why i'm so

4649

02:33:27,110 --> 02:33:25,760

i'm not a great interviewee despite the

4650

02:33:29,429 --> 02:33:27,120

fact that we've been speaking for

4651
02:33:30,870 --> 02:33:29,439
quite some time because i don't have any

4652
02:33:32,870 --> 02:33:30,880
any staunch to beliefs

4653
02:33:34,950 --> 02:33:32,880
at least not that i'm conscious of as

4654
02:33:38,070 --> 02:33:34,960
soon as i put up a

4655
02:33:38,550 --> 02:33:38,080
proposition i can see its flaws and i

4656
02:33:41,110 --> 02:33:38,560
also

4657
02:33:43,110 --> 02:33:41,120
guide myself or try to by this i think

4658
02:33:45,349 --> 02:33:43,120
it's arthur kane who said

4659
02:33:46,389 --> 02:33:45,359
only the shallowest of mind can believe

4660
02:33:48,550 --> 02:33:46,399
that in

4661
02:33:51,510 --> 02:33:48,560
great controversy one side is mere folly

4662
02:33:54,469 --> 02:33:51,520
so when it comes to

4663
02:33:56,309 --> 02:33:54,479

anti-lockdown or anti-masks if there's a

4664

02:33:57,750 --> 02:33:56,319

large enough amount of people saying it

4665

02:33:59,750 --> 02:33:57,760

i want to hear what is your best

4666

02:34:03,110 --> 02:33:59,760

argument and perhaps you're not art

4667

02:34:05,590 --> 02:34:03,120

perhaps what you're saying

4668

02:34:07,590 --> 02:34:05,600

is false but the meaning behind it is

4669

02:34:13,670 --> 02:34:07,600

correct and you're not articulate enough

4670

02:34:17,349 --> 02:34:16,950

i i find it strange that the i find it

4671

02:34:19,590 --> 02:34:17,359

extra

4672

02:34:21,510 --> 02:34:19,600

covet is such an anomaly man for many

4673

02:34:24,550 --> 02:34:21,520

reasons i find it strange

4674

02:34:26,550 --> 02:34:24,560

that it's the right that's anti-lockdown

4675

02:34:28,630 --> 02:34:26,560

when the left should be about liberties

4676
02:34:31,910 --> 02:34:28,640
and i also find it strange that

4677
02:34:33,510 --> 02:34:31,920
the left is for universally

4678
02:34:35,270 --> 02:34:33,520
pro-abortion and the right is

4679
02:34:37,750 --> 02:34:35,280
anti-abortion when

4680
02:34:39,110 --> 02:34:37,760
the it doesn't seem to map on exactly

4681
02:34:42,550 --> 02:34:39,120
and the reason why is

4682
02:34:43,190 --> 02:34:42,560
think of jainism jainism is about like

4683
02:34:44,710 --> 02:34:43,200
you mentioned

4684
02:34:46,790 --> 02:34:44,720
i don't even want to kill a cockroach i

4685
02:34:48,550 --> 02:34:46,800
bring that outside jainists

4686
02:34:50,710 --> 02:34:48,560
who are we would think of as the most

4687
02:34:53,110 --> 02:34:50,720
hippie like left-leaning people

4688
02:34:54,230 --> 02:34:53,120

are complete anti-abortion because it's

4689

02:34:55,990 --> 02:34:54,240

also life

4690

02:34:57,510 --> 02:34:56,000

and so then it's being is being

4691

02:34:59,590 --> 02:34:57,520

pro-abortion on the left

4692

02:35:00,950 --> 02:34:59,600

or is it that your team somehow decided

4693

02:35:02,469 --> 02:35:00,960

this through some other process and

4694

02:35:04,710 --> 02:35:02,479

you're identifying with the team

4695

02:35:06,469 --> 02:35:04,720

and that's why it's so it's such a

4696

02:35:09,429 --> 02:35:06,479

dangerous game to say i am left

4697

02:35:11,990 --> 02:35:09,439

or i am right what are the odds that the

4698

02:35:14,309 --> 02:35:12,000

35 tenants of the right and and the

4699

02:35:16,550 --> 02:35:14,319

45 of the left or whatever it may be are

4700

02:35:20,230 --> 02:35:16,560

ones that you align with you are you

4701
02:35:21,830 --> 02:35:20,240
it's it's a difficult game just to

4702
02:35:25,030 --> 02:35:21,840
attach yourself to

4703
02:35:26,110 --> 02:35:25,040
a team you man see this

4704
02:35:28,309 --> 02:35:26,120
okay you said you're not a good

4705
02:35:29,670 --> 02:35:28,319
interviewee

4706
02:35:31,990 --> 02:35:29,680
forget it but partially not a good

4707
02:35:33,349 --> 02:35:32,000
interviewer but no no no no so forget

4708
02:35:35,750 --> 02:35:33,359
about that what what my

4709
02:35:36,710 --> 02:35:35,760
my uh producer logan was telling me

4710
02:35:38,309 --> 02:35:36,720
before the show because he watched a

4711
02:35:41,830 --> 02:35:38,319
bunch of your stuff and he's like hey

4712
02:35:44,710 --> 02:35:41,840
don't interview kurt have a conversation

4713
02:35:45,910 --> 02:35:44,720

because he's tremendous he's just

4714

02:35:46,710 --> 02:35:45,920

absolutely tremendous asking these

4715

02:35:48,070 --> 02:35:46,720

questions and it'll

4716

02:35:49,349 --> 02:35:48,080

generate conversation i'm like that was

4717

02:35:49,750 --> 02:35:49,359

my plan because watching your stuff the

4718

02:35:50,870 --> 02:35:49,760

same thing

4719

02:35:53,429 --> 02:35:50,880

because you know what actually being a

4720

02:35:54,790 --> 02:35:53,439

good interviewee is boring as [h__h]

4721

02:35:57,349 --> 02:35:54,800

because it means that again you have a

4722

02:35:59,030 --> 02:35:57,359

lot to say but not a lot of questions

4723

02:36:00,230 --> 02:35:59,040

not a lot of openness etc

4724

02:36:02,790 --> 02:36:00,240

sometimes i find i'm a better

4725

02:36:03,910 --> 02:36:02,800

interviewee than an interviewer because

4726
02:36:04,950 --> 02:36:03,920
i've been thinking about this stuff so

4727
02:36:06,070 --> 02:36:04,960
much that i want to just tell you all

4728
02:36:07,670 --> 02:36:06,080
about it and then

4729
02:36:09,590 --> 02:36:07,680
the idea is well where am i open to

4730
02:36:09,990 --> 02:36:09,600
these ideas now diving into something

4731
02:36:11,750 --> 02:36:10,000
you said

4732
02:36:13,750 --> 02:36:11,760
this this is the center piece of what i

4733
02:36:15,750 --> 02:36:13,760
call this alt middle thinking

4734
02:36:17,590 --> 02:36:15,760
in my tribe of people we have a lot of

4735
02:36:18,630 --> 02:36:17,600
conservatives a lot of libertarians a

4736
02:36:20,389 --> 02:36:18,640
lot of liberals

4737
02:36:21,670 --> 02:36:20,399
a couple marxists not a lot of very

4738
02:36:21,990 --> 02:36:21,680

far-right people but people that are

4739

02:36:25,190 --> 02:36:22,000

very

4740

02:36:26,630 --> 02:36:25,200

libertarian and they all we

4741

02:36:28,550 --> 02:36:26,640

we talk about it in terms of jonathan

4742

02:36:30,550 --> 02:36:28,560

heights like moral taste buds

4743

02:36:31,990 --> 02:36:30,560

so when you think about abortion etc by

4744

02:36:33,190 --> 02:36:32,000

the way remind me to tell you if we have

4745

02:36:36,150 --> 02:36:33,200

time about about

4746

02:36:37,670 --> 02:36:36,160

the video i did about abortion that boy

4747

02:36:40,950 --> 02:36:37,680

you can see how that triggers the

4748

02:36:43,349 --> 02:36:40,960

tribal behavior of in group out group

4749

02:36:45,110 --> 02:36:43,359

so long story short you have these taste

4750

02:36:47,670 --> 02:36:45,120

buds liberty versus oppression

4751
02:36:49,670 --> 02:36:47,680
that you value fairness versus cheating

4752
02:36:53,270 --> 02:36:49,680
loyalty versus betrayal

4753
02:36:54,550 --> 02:36:53,280
authority versus subversion care versus

4754
02:36:57,750 --> 02:36:54,560
harm so in other words

4755
02:36:59,670 --> 02:36:57,760
you know care versus self-explanatory

4756
02:37:01,190 --> 02:36:59,680
and the sixth one actually is um because

4757
02:37:05,190 --> 02:37:01,200
there's a little subtlety there

4758
02:37:07,990 --> 02:37:05,200
is sanctity versus degradation

4759
02:37:09,590 --> 02:37:08,000
this is from jonathan jonathan height in

4760
02:37:10,710 --> 02:37:09,600
his book the righteous mind he lays

4761
02:37:12,309 --> 02:37:10,720
these out why people just

4762
02:37:13,910 --> 02:37:12,319
good people disagree on politics and

4763
02:37:15,990 --> 02:37:13,920

religion and

4764

02:37:17,110 --> 02:37:16,000

what's interesting is each of these

4765

02:37:19,110 --> 02:37:17,120

issues

4766

02:37:21,110 --> 02:37:19,120

can be filtered through a moral pal your

4767

02:37:22,950 --> 02:37:21,120

moral palate that you're often born with

4768

02:37:25,670 --> 02:37:22,960

like you have these certain values

4769

02:37:26,790 --> 02:37:25,680

so liberty versus oppression so it turns

4770

02:37:28,870 --> 02:37:26,800

out liberals

4771

02:37:30,950 --> 02:37:28,880

tend to really emphasize they all have

4772

02:37:33,990 --> 02:37:30,960

all six but they emphasize

4773

02:37:37,750 --> 02:37:34,000

too which is fairness versus cheating

4774

02:37:41,110 --> 02:37:37,760

and care versus or you know or you know

4775

02:37:42,389 --> 02:37:41,120

yeah care versus harm so and that makes

4776

02:37:43,030 --> 02:37:42,399

sense because then you go okay they

4777

02:37:44,950 --> 02:37:43,040

don't like

4778

02:37:47,429 --> 02:37:44,960

rich people taking advantage of stuff

4779

02:37:48,710 --> 02:37:47,439

they want to take care of poor people

4780

02:37:51,510 --> 02:37:48,720

they you know these are the values they

4781

02:37:53,030 --> 02:37:51,520

project social justice etc

4782

02:37:54,550 --> 02:37:53,040

conservatives actually have those but

4783

02:37:56,309 --> 02:37:54,560

then they really value

4784

02:37:57,910 --> 02:37:56,319

loyalty versus betrayal look how the

4785

02:37:59,429 --> 02:37:57,920

republicans tend to be quite unified

4786

02:38:00,790 --> 02:37:59,439

even when trump does some crazy stuff

4787

02:38:03,030 --> 02:38:00,800

they're like yeah but he's our guy

4788

02:38:04,630 --> 02:38:03,040

right and then you have uh liberty

4789

02:38:07,190 --> 02:38:04,640

versus oppression well

4790

02:38:07,750 --> 02:38:07,200

yeah so it's a more libertarian value

4791

02:38:10,389 --> 02:38:07,760

and

4792

02:38:10,950 --> 02:38:10,399

sanctity versus degradation it turns out

4793

02:38:13,990 --> 02:38:10,960

liberals

4794

02:38:15,910 --> 02:38:14,000

and conservatives parse this quite

4795

02:38:17,349 --> 02:38:15,920

differently so a conservative will look

4796

02:38:18,309 --> 02:38:17,359

at sanctity versus degradation in terms

4797

02:38:21,110 --> 02:38:18,319

of religion versus

4798

02:38:21,990 --> 02:38:21,120

atheism or in terms of abortion the

4799

02:38:24,389 --> 02:38:22,000

sanctity of life

4800

02:38:25,750 --> 02:38:24,399

versus the despoilment of of that

4801
02:38:27,510 --> 02:38:25,760
through abortion

4802
02:38:29,750 --> 02:38:27,520
the liberal would take that same moral

4803
02:38:32,950 --> 02:38:29,760
palette and go sanctity of

4804
02:38:35,190 --> 02:38:32,960
my body my choice versus

4805
02:38:37,349 --> 02:38:35,200
you know some a state invading that

4806
02:38:38,950 --> 02:38:37,359
sanctity with a vaccine or with

4807
02:38:40,550 --> 02:38:38,960
me not allowing to do what i want with

4808
02:38:43,110 --> 02:38:40,560
my unborn fetus

4809
02:38:44,870 --> 02:38:43,120
so they can all kind of parse issues

4810
02:38:45,190 --> 02:38:44,880
through this now you then weaponize that

4811
02:38:47,830 --> 02:38:45,200
through

4812
02:38:49,510 --> 02:38:47,840
tribal behavior so the left has this

4813
02:38:51,910 --> 02:38:49,520

ideological checklist

4814

02:38:52,790 --> 02:38:51,920

what jordan peterson calls ideological

4815

02:38:55,110 --> 02:38:52,800

possession

4816

02:38:55,990 --> 02:38:55,120

so i just i don't even know how i feel

4817

02:38:58,469 --> 02:38:56,000

about some of these things but

4818

02:38:59,429 --> 02:38:58,479

my tribe votes this way and the right

4819

02:39:00,790 --> 02:38:59,439

has a similar

4820

02:39:01,990 --> 02:39:00,800

kind of set of doctrines so when you ask

4821

02:39:03,110 --> 02:39:02,000

the question i don't understand why the

4822

02:39:04,790 --> 02:39:03,120

right does this and then

4823

02:39:06,710 --> 02:39:04,800

some of that is ideological possession

4824

02:39:07,750 --> 02:39:06,720

some of that is they do tend to value

4825

02:39:09,670 --> 02:39:07,760

these

4826
02:39:10,950 --> 02:39:09,680
there's something in veteran something

4827
02:39:13,030 --> 02:39:10,960
yeah exactly

4828
02:39:14,550 --> 02:39:13,040
and then there was a oh so the abortion

4829
02:39:15,750 --> 02:39:14,560
piece that i did so i did

4830
02:39:17,270 --> 02:39:15,760
like one of those direct-to-camera

4831
02:39:18,389 --> 02:39:17,280
things it was when alabama's state

4832
02:39:20,150 --> 02:39:18,399
legislature was

4833
02:39:22,389 --> 02:39:20,160
you know intervening in abortion in some

4834
02:39:25,030 --> 02:39:22,399
way that a lot of physicians were saying

4835
02:39:27,670 --> 02:39:25,040
you know this is a bunch of

4836
02:39:29,429 --> 02:39:27,680
men can't legislate medicine this is a

4837
02:39:32,230 --> 02:39:29,439
medical procedure let doctors

4838
02:39:32,790 --> 02:39:32,240

do this do this um decision making with

4839

02:39:34,550 --> 02:39:32,800

with

4840

02:39:35,910 --> 02:39:34,560

patients so i did a video where i said

4841

02:39:37,110 --> 02:39:35,920

hey i agree with that like this is a

4842

02:39:39,510 --> 02:39:37,120

medical procedure this is

4843

02:39:40,230 --> 02:39:39,520

how it's done uh it should be the right

4844

02:39:41,990 --> 02:39:40,240

of of

4845

02:39:43,830 --> 02:39:42,000

uh women to make the choice with their

4846

02:39:45,270 --> 02:39:43,840

doctor and with whatever religious

4847

02:39:46,550 --> 02:39:45,280

belief they have etc it shouldn't be a

4848

02:39:48,070 --> 02:39:46,560

legislator doing this

4849

02:39:49,910 --> 02:39:48,080

in my opinion and this is the thing but

4850

02:39:51,110 --> 02:39:49,920

let me tell you a story about why i

4851
02:39:52,870 --> 02:39:51,120
understand

4852
02:39:54,469 --> 02:39:52,880
why people would be very opposed to

4853
02:39:55,990 --> 02:39:54,479
abortion on a deep moral level

4854
02:39:57,590 --> 02:39:56,000
when i was a fourth year medical student

4855
02:39:59,590 --> 02:39:57,600
or third year medical student i was

4856
02:40:01,910 --> 02:39:59,600
compelled to witness

4857
02:40:03,830 --> 02:40:01,920
second late second trimester abortions

4858
02:40:06,630 --> 02:40:03,840
at san francisco general hospital

4859
02:40:08,309 --> 02:40:06,640
and what i saw was you know fetus parts

4860
02:40:10,150 --> 02:40:08,319
being removed and this and that and i

4861
02:40:11,830 --> 02:40:10,160
i gave this very emotional story about

4862
02:40:13,429 --> 02:40:11,840
what it was like so

4863
02:40:15,510 --> 02:40:13,439

did that feel like murder to me at the

4864

02:40:17,030 --> 02:40:15,520

time absolutely could i understand why

4865

02:40:19,110 --> 02:40:17,040

people would feel this is a sanctity

4866

02:40:21,110 --> 02:40:19,120

versus degradation kind of violation

4867

02:40:22,469 --> 02:40:21,120

absolutely until we understand that

4868

02:40:23,510 --> 02:40:22,479

you're never going to have a dialogue

4869

02:40:23,830 --> 02:40:23,520

because you're going to think someone

4870

02:40:26,309 --> 02:40:23,840

else

4871

02:40:28,070 --> 02:40:26,319

is trying to oppress you it's a power

4872

02:40:29,990 --> 02:40:28,080

dynamic instead of a moral

4873

02:40:31,670 --> 02:40:30,000

dynamic we have different intermoral

4874

02:40:32,230 --> 02:40:31,680

intuitions about this let's talk about

4875

02:40:34,469 --> 02:40:32,240

it

4876

02:40:36,230 --> 02:40:34,479

and so i got a ton of messages from

4877

02:40:37,910 --> 02:40:36,240

people saying that's the most

4878

02:40:40,710 --> 02:40:37,920

cogent i've ever heard that's how i feel

4879

02:40:44,150 --> 02:40:40,720

as a doctor who performs abortions like

4880

02:40:47,190 --> 02:40:44,160

this and but then i got hate

4881

02:40:48,790 --> 02:40:47,200

from the a lot of abortion doctors and a

4882

02:40:50,870 --> 02:40:48,800

lot of very lefty letters

4883

02:40:52,870 --> 02:40:50,880

who are like you're you're basically

4884

02:40:55,269 --> 02:40:52,880

normalizing violence against

4885

02:40:57,030 --> 02:40:55,279

abortion clinics by saying that by

4886

02:41:00,230 --> 02:40:57,040

giving anything

4887

02:41:02,230 --> 02:41:00,240

right right i know and i was like i

4888

02:41:03,349 --> 02:41:02,240

is i felt attract like attacked by this

4889

02:41:04,469 --> 02:41:03,359

tribe of healthcare professionals i was

4890

02:41:06,070 --> 02:41:04,479

like oh my god

4891

02:41:07,510 --> 02:41:06,080

but i i didn't remove it in fact i did

4892

02:41:08,469 --> 02:41:07,520

another video where i talked about it

4893

02:41:12,550 --> 02:41:08,479

more but

4894

02:41:14,950 --> 02:41:12,560

man it's rough right they want

4895

02:41:16,070 --> 02:41:14,960

they dislike the other side so intensely

4896

02:41:18,230 --> 02:41:16,080

that with your

4897

02:41:19,269 --> 02:41:18,240

nuance there's a part of your argument

4898

02:41:20,630 --> 02:41:19,279

that can be used

4899

02:41:22,309 --> 02:41:20,640

on the side that they dislike and so

4900

02:41:23,429 --> 02:41:22,319

they want to discount the argument

4901
02:41:26,150 --> 02:41:23,439
entirely

4902
02:41:26,630 --> 02:41:26,160
yeah yeah false equivalence again fears

4903
02:41:29,910 --> 02:41:26,640
its

4904
02:41:31,030 --> 02:41:29,920
ugly head man kurt are you pooped or

4905
02:41:33,110 --> 02:41:31,040
what bro

4906
02:41:34,070 --> 02:41:33,120
i'm looking forward to being that and

4907
02:41:36,389 --> 02:41:34,080
going to sleep

4908
02:41:37,269 --> 02:41:36,399
at some point and eating so let's wrap

4909
02:41:39,910 --> 02:41:37,279
it up

4910
02:41:41,190 --> 02:41:39,920
yeah yeah thank you so much man dude

4911
02:41:43,349 --> 02:41:41,200
this was uh

4912
02:41:44,870 --> 02:41:43,359
this was a real joy yeah yeah me too me

4913
02:41:46,230 --> 02:41:44,880

too i wasn't expecting to go on for more

4914

02:41:48,210 --> 02:41:46,240

than an hour and it's been two and

4915

02:41:50,790 --> 02:41:48,220

almost almost three

4916

02:41:52,790 --> 02:41:50,800

[Laughter]

4917

02:41:53,830 --> 02:41:52,800

i'm so sorry i know you're starving and

4918

02:41:57,030 --> 02:41:53,840

you're tired

4919

02:41:58,790 --> 02:41:57,040

please i want to hear please

4920

02:42:00,630 --> 02:41:58,800

tell your wife uh i'm deeply sorry and

4921

02:42:03,190 --> 02:42:00,640

that my wife hates me just as much

4922

02:42:04,070 --> 02:42:03,200

uh because i do the same thing um so at

4923

02:42:06,950 --> 02:42:04,080

least we have that

4924

02:42:07,510 --> 02:42:06,960

that kind of true equivalency so facing

4925

02:42:10,830 --> 02:42:07,520

what

4926

02:42:13,590 --> 02:42:10,840

that's going on overextended yeah yeah

4927

02:42:14,550 --> 02:42:13,600

okay uh come home you know we have plans

4928

02:42:16,309 --> 02:42:14,560

and i'm like but just

4929

02:42:19,830 --> 02:42:16,319

a couple more minutes i'm doing a show

4930

02:42:22,469 --> 02:42:19,840

or whatever it is so it is what it is

4931

02:42:23,670 --> 02:42:22,479

brother it's it's just a joy um

4932

02:42:25,190 --> 02:42:23,680

hopefully we can do this again at some

4933

02:42:27,429 --> 02:42:25,200

point in the future if you feel inclined

4934

02:42:28,550 --> 02:42:27,439

uh just let me know and and we'll make

4935

02:42:30,230 --> 02:42:28,560

it happen

4936

02:42:32,550 --> 02:42:30,240

we've never done a live format like this

4937

02:42:35,990 --> 02:42:32,560

oh great i'm i'm honored to be

4938

02:42:37,190 --> 02:42:36,000

the first oh man it's it's

4939

02:42:38,790 --> 02:42:37,200

really awesome to have you you're the

4940

02:42:39,990 --> 02:42:38,800

perfect guest for this not a guest it's

4941

02:42:42,150 --> 02:42:40,000

a conversation um

4942

02:42:43,830 --> 02:42:42,160

so thank you thank you and i and uh

4943

02:42:44,790 --> 02:42:43,840

we'll connect very soon um and to

4944

02:42:47,190 --> 02:42:44,800

everybody who's watching

4945

02:42:48,389 --> 02:42:47,200

uh thanks again to kurt check out his

4946

02:42:50,870 --> 02:42:48,399

stuff so

4947

02:42:52,790 --> 02:42:50,880

his uh podcast his show on youtube is

4948

02:42:53,670 --> 02:42:52,800

called theories of everything i've put

4949

02:42:55,670 --> 02:42:53,680

links in

4950

02:42:57,030 --> 02:42:55,680

his documentary is called better left

4951
02:42:59,349 --> 02:42:57,040
unsaid and

4952
02:43:01,349 --> 02:42:59,359
it's a ride it is a right is the

4953
02:43:04,070 --> 02:43:01,359
director's cut available publicly

4954
02:43:04,389 --> 02:43:04,080
on betterleftonsetfilm.com exclusively

4955
02:43:06,950 --> 02:43:04,399
so

4956
02:43:08,070 --> 02:43:06,960
if you get it from itunes or google or

4957
02:43:10,389 --> 02:43:08,080
voodoo

4958
02:43:12,309 --> 02:43:10,399
firstly much of the money or some of the

4959
02:43:14,389 --> 02:43:12,319
money goes toward them whereas

4960
02:43:15,830 --> 02:43:14,399
from the website most if not all the

4961
02:43:17,030 --> 02:43:15,840
money go toward the filmmakers there's

4962
02:43:20,150 --> 02:43:17,040
some split between

4963
02:43:21,510 --> 02:43:20,160

different places but also on the website

4964

02:43:21,990 --> 02:43:21,520

get access to the director's code i

4965

02:43:25,190 --> 02:43:22,000

believe for

4966

02:43:26,309 --> 02:43:25,200

free if you just buy the regular version

4967

02:43:28,469 --> 02:43:26,319

and you don't get access to the

4968

02:43:29,830 --> 02:43:28,479

directors club find my email it's online

4969

02:43:30,389 --> 02:43:29,840

somewhere and email me and i'll send you

4970

02:43:32,150 --> 02:43:30,399

the link

4971

02:43:33,510 --> 02:43:32,160

just send me that's awesome and you

4972

02:43:34,790 --> 02:43:33,520

funded this thing with kickstarter

4973

02:43:36,790 --> 02:43:34,800

indiegogo stuff type

4974

02:43:39,190 --> 02:43:36,800

that's your thing yeah that's great and

4975

02:43:40,870 --> 02:43:39,200

it's personal money

4976

02:43:42,389 --> 02:43:40,880

it's really well done you guys so if you

4977

02:43:44,389 --> 02:43:42,399

want to dive into like

4978

02:43:46,550 --> 02:43:44,399

the craziness that's going on in society

4979

02:43:49,750 --> 02:43:46,560

in a way that's so unique

4980

02:43:51,269 --> 02:43:49,760

uh watch the director's cut really

4981

02:43:53,190 --> 02:43:51,279

watch the director's cut if you're into

4982

02:43:53,429 --> 02:43:53,200

this because it is it goes really deep

4983

02:43:56,790 --> 02:43:53,439

it's

4984

02:43:58,070 --> 02:43:56,800

and until

4985

02:44:00,150 --> 02:43:58,080

next time i'm going to figure out how to

4986

02:44:02,469 --> 02:44:00,160

stop this kurt you can sign off you are

4987

02:44:03,990 --> 02:44:02,479

the bomb i also wanted to make a quick

4988

02:44:05,110 --> 02:44:04,000

amendment it's when i said personal

4989

02:44:06,630 --> 02:44:05,120

money my brother invested

4990

02:44:08,230 --> 02:44:06,640

heavily into the film so i just want to

4991

02:44:09,190 --> 02:44:08,240

make sure that that said i don't want to

4992

02:44:12,230 --> 02:44:09,200

misrepresent

4993

02:44:12,870 --> 02:44:12,240

so thank you family family and you are

4994

02:44:14,309 --> 02:44:12,880

identical

4995

02:44:15,510 --> 02:44:14,319

as far as i'm concerned that's how i see

4996

02:44:16,870 --> 02:44:15,520

it so yeah thanks for making the

4997

02:44:18,630 --> 02:44:16,880

clarification but that's awesome

4998

02:44:20,870 --> 02:44:18,640

it's really wonderful to have support

4999

02:44:24,469 --> 02:44:20,880

right there's a deep gratitude that

5000

02:44:24,950 --> 02:44:24,479

arises from that um like my supporters

5001

02:44:26,150 --> 02:44:24,960

on

5002

02:44:28,389 --> 02:44:26,160

facebook and stuff that pay for all this

5003

02:44:30,150 --> 02:44:28,399

equipment on youtube

5004

02:44:31,670 --> 02:44:30,160

they're the best they got some great

5005

02:44:33,590 --> 02:44:31,680

equipment okay man

5006

02:44:35,030 --> 02:44:33,600

i gotta get going thank you i'll sign

5007

02:44:35,830 --> 02:44:35,040

off and you can speak to the audience if

5008

02:44:38,790 --> 02:44:35,840

you like

5009

02:44:40,309 --> 02:44:38,800

i'll wrap it up kurt thank you um guys

5010

02:44:41,670 --> 02:44:40,319

for the recording is it all right if i

5011

02:44:44,150 --> 02:44:41,680

just talk to you quickly about that

5012

02:44:46,309 --> 02:44:44,160

you'll send me it to dropbox i will send

5013

02:44:48,150 --> 02:44:46,319

you a dropbox version of this very long

5014

02:44:50,150 --> 02:44:48,160

file that we'll export over the next

5015

02:44:51,349 --> 02:44:50,160

two hours and then i'll send you a link

5016

02:44:51,910 --> 02:44:51,359

and then you can put it together however

5017

02:44:54,630 --> 02:44:51,920

you like

5018

02:44:55,590 --> 02:44:54,640

great thank you i love it brother thanks

5019

02:44:57,190 --> 02:44:55,600

have a great one man

5020

02:44:59,110 --> 02:44:57,200

it's been a pleasure i appreciate it

5021

02:45:02,389 --> 02:44:59,120

thank you man likewise

5022

02:45:03,910 --> 02:45:02,399

guys that was intense

5023

02:45:06,309 --> 02:45:03,920

how we've been talking for almost three

5024

02:45:09,349 --> 02:45:06,319

hours that's crazy

5025

02:45:11,590 --> 02:45:09,359

um wow so

5026
02:45:12,550 --> 02:45:11,600
you know we started out kind of slow and

5027
02:45:14,630 --> 02:45:12,560
got in the groove

5028
02:45:16,150 --> 02:45:14,640
as uh he's been really sleep deprived

5029
02:45:17,429 --> 02:45:16,160
and doing podcast after podcast

5030
02:45:18,550 --> 02:45:17,439
let's take a few comments right now just

5031
02:45:20,389 --> 02:45:18,560
because i want to wrap up with your

5032
02:45:21,910 --> 02:45:20,399
voice because i think that's important

5033
02:45:23,269 --> 02:45:21,920
and we didn't get enough of that in the

5034
02:45:24,230 --> 02:45:23,279
thing because we were so into our

5035
02:45:25,910 --> 02:45:24,240
ourselves

5036
02:45:28,150 --> 02:45:25,920
thank you ann for your support on

5037
02:45:29,830 --> 02:45:28,160
youtube and andrew dunbar

5038
02:45:31,830 --> 02:45:29,840

um actually andrew dunbar says the

5039

02:45:33,110 --> 02:45:31,840

sanctity versus degradation dichotomy

5040

02:45:34,950 --> 02:45:33,120

also applies to how

5041

02:45:36,790 --> 02:45:34,960

some on the right view gun rights

5042

02:45:38,230 --> 02:45:36,800

totally true

5043

02:45:39,830 --> 02:45:38,240

sanctity versus degradation and gun

5044

02:45:40,870 --> 02:45:39,840

rights liberty versus oppression and gun

5045

02:45:43,510 --> 02:45:40,880

rights

5046

02:45:45,750 --> 02:45:43,520

i you know if you don't understand how

5047

02:45:48,150 --> 02:45:45,760

someone who holds opposing views

5048

02:45:49,110 --> 02:45:48,160

sees the world morally you don't

5049

02:45:51,190 --> 02:45:49,120

understand

5050

02:45:52,230 --> 02:45:51,200

them at all and you're going to vilify

5051
02:45:54,230 --> 02:45:52,240
them because you're going to see them

5052
02:45:55,670 --> 02:45:54,240
through your own moral matrix

5053
02:45:57,030 --> 02:45:55,680
which is not how they see the world and

5054
02:45:58,150 --> 02:45:57,040
you need to understand that our moral

5055
02:46:00,710 --> 02:45:58,160
matrix

5056
02:46:01,429 --> 02:46:00,720
allows us to do what we perceive is good

5057
02:46:03,910 --> 02:46:01,439
in the world

5058
02:46:04,630 --> 02:46:03,920
we filter it through that so everybody

5059
02:46:07,030 --> 02:46:04,640
most people

5060
02:46:08,469 --> 02:46:07,040
are trying to be good which is why you

5061
02:46:09,990 --> 02:46:08,479
can assume good intent

5062
02:46:11,429 --> 02:46:10,000
it used to be i would get very triggered

5063
02:46:12,630 --> 02:46:11,439

by people with different political views

5064

02:46:13,269 --> 02:46:12,640

and i would assume that they were just

5065

02:46:15,830 --> 02:46:13,279

bad

5066

02:46:17,670 --> 02:46:15,840

because i was using my moral matrix my

5067

02:46:20,790 --> 02:46:17,680

moral taste buds as the

5068

02:46:23,269 --> 02:46:20,800

as the litmus test or the filter

5069

02:46:24,389 --> 02:46:23,279

now i get excited to hear opposing views

5070

02:46:26,150 --> 02:46:24,399

because i want to know

5071

02:46:28,309 --> 02:46:26,160

what the moral matrix is it's coming

5072

02:46:29,429 --> 02:46:28,319

from and honor it you go oh god you're

5073

02:46:31,349 --> 02:46:29,439

trying to be good and this is how you

5074

02:46:31,830 --> 02:46:31,359

see being good okay i can't be mad at

5075

02:46:33,750 --> 02:46:31,840

you

5076

02:46:35,670 --> 02:46:33,760

i disagree for these reasons but let's

5077

02:46:37,429 --> 02:46:35,680

have a conversation what do we agree on

5078

02:46:38,950 --> 02:46:37,439

morally what do we agree on we want to

5079

02:46:40,469 --> 02:46:38,960

see in the world right and then you can

5080

02:46:43,030 --> 02:46:40,479

start from a consensus

5081

02:46:44,870 --> 02:46:43,040

sort of common human common humanity

5082

02:46:46,469 --> 02:46:44,880

politics instead of this identity where

5083

02:46:47,510 --> 02:46:46,479

we're all separate fighting each other

5084

02:46:49,910 --> 02:46:47,520

as tribes

5085

02:46:51,190 --> 02:46:49,920

that's really what a lot of identity

5086

02:46:52,230 --> 02:46:51,200

politics that used to be a great thing

5087

02:46:54,070 --> 02:46:52,240

in the civil rights movement has

5088

02:46:56,309 --> 02:46:54,080

devolved into this

5089

02:46:57,990 --> 02:46:56,319

our group existential battle against

5090

02:46:58,469 --> 02:46:58,000

everybody else that's a power struggle

5091

02:47:00,550 --> 02:46:58,479

trying to

5092

02:47:02,710 --> 02:47:00,560

oppress us well what if we just assume

5093

02:47:04,070 --> 02:47:02,720

good intent and try our best instead of

5094

02:47:06,389 --> 02:47:04,080

vilifying other people because of the

5095

02:47:08,230 --> 02:47:06,399

way they're born right

5096

02:47:09,910 --> 02:47:08,240

born white or born asian or born

5097

02:47:11,110 --> 02:47:09,920

whatever like forget that dude that

5098

02:47:13,830 --> 02:47:11,120

that's horseshit that's

5099

02:47:15,750 --> 02:47:13,840

that's the definition of discrimination

5100

02:47:17,590 --> 02:47:15,760

um

5101

02:47:19,510 --> 02:47:17,600

june black says i felt so bad for him

5102

02:47:22,790 --> 02:47:19,520

being so tired at the beginning

5103

02:47:24,309 --> 02:47:22,800

glad he came around yeah dude i i really

5104

02:47:25,830 --> 02:47:24,319

hang on a second i just

5105

02:47:28,630 --> 02:47:25,840

ah there we go i'm still recording

5106

02:47:31,269 --> 02:47:28,640

that's good um

5107

02:47:32,230 --> 02:47:31,279

i felt really bad for him and i felt

5108

02:47:33,510 --> 02:47:32,240

like

5109

02:47:35,670 --> 02:47:33,520

what you know we were scheduled to do

5110

02:47:37,269 --> 02:47:35,680

this and i was like am i torturing this

5111

02:47:38,309 --> 02:47:37,279

guy because

5112

02:47:39,190 --> 02:47:38,319

you know we didn't even know what we

5113

02:47:41,269 --> 02:47:39,200

were going to talk about we had no

5114

02:47:41,510 --> 02:47:41,279

agenda you know we connected via email

5115

02:47:47,590 --> 02:47:41,520

and

5116

02:47:48,790 --> 02:47:47,600

uh it didn't it went on the rails which

5117

02:47:51,269 --> 02:47:48,800

was off the rails

5118

02:47:52,469 --> 02:47:51,279

so it was a lot of fun for me yeah it

5119

02:47:55,990 --> 02:47:52,479

was intense right janna

5120

02:47:56,550 --> 02:47:56,000

um george shepherd my fulcrum is

5121

02:47:59,349 --> 02:47:56,560

different

5122

02:48:00,389 --> 02:47:59,359

uh from so-and-so's fulcrum that's a

5123

02:48:03,830 --> 02:48:00,399

good way to look at it

5124

02:48:04,469 --> 02:48:03,840

like right where's your fulcrum that's

5125

02:48:05,910 --> 02:48:04,479

great

5126

02:48:07,349 --> 02:48:05,920

ashley stewart i feel the exact same way

5127

02:48:09,110 --> 02:48:07,359

i never learn from people who think

5128

02:48:12,070 --> 02:48:09,120

exactly like i do you can't

5129

02:48:12,630 --> 02:48:12,080

it's just a kind of group thing um jamie

5130

02:48:13,910 --> 02:48:12,640

vance

5131

02:48:15,590 --> 02:48:13,920

how do you break through to people who

5132

02:48:17,590 --> 02:48:15,600

allow their moral compass to dictate a

5133

02:48:19,910 --> 02:48:17,600

conversation i struggle greatly

5134

02:48:21,349 --> 02:48:19,920

with helping people uh see that

5135

02:48:23,990 --> 02:48:21,359

everything is true but partial

5136

02:48:26,230 --> 02:48:24,000

so that idea of alt middle that

5137

02:48:28,550 --> 02:48:26,240

everything's true but partial

5138

02:48:30,630 --> 02:48:28,560

is a kind of moral assertion it's a kind

5139

02:48:34,070 --> 02:48:30,640

of meta belief about belief

5140

02:48:36,870 --> 02:48:34,080

so i think i think

5141

02:48:38,070 --> 02:48:36,880

accepting that person as they are is one

5142

02:48:40,150 --> 02:48:38,080

thing this is how they're showing up

5143

02:48:42,950 --> 02:48:40,160

it's the best they can do at this point

5144

02:48:44,070 --> 02:48:42,960

and then gently this is very hard gently

5145

02:48:47,110 --> 02:48:44,080

nudging

5146

02:48:50,389 --> 02:48:47,120

through conversation some ideas that

5147

02:48:52,150 --> 02:48:50,399

might open them up a little too

5148

02:48:54,150 --> 02:48:52,160

first of all maximizing whatever level

5149

02:48:56,309 --> 02:48:54,160

they're at in terms of their thinking

5150

02:48:58,550 --> 02:48:56,319

and then opening them to whatever that

5151
02:48:59,269 --> 02:48:58,560
adjacent level is and it i see it happen

5152
02:49:02,070 --> 02:48:59,279
again and again

5153
02:49:03,429 --> 02:49:02,080
i see it it's not impossible it's not

5154
02:49:05,030 --> 02:49:03,439
that we change our minds it's that our

5155
02:49:07,750 --> 02:49:05,040
minds grow

5156
02:49:08,389 --> 02:49:07,760
they they transcend and include what

5157
02:49:12,469 --> 02:49:08,399
came

5158
02:49:16,790 --> 02:49:12,479
before to use ken wilbur's language um

5159
02:49:18,309 --> 02:49:16,800
you know it's a beautiful thing um

5160
02:49:20,630 --> 02:49:18,319
oh how kind of you theories of

5161
02:49:21,990 --> 02:49:20,640
everything kurt jeiman gaul commented

5162
02:49:23,750 --> 02:49:22,000
thank you zubin can't hear you but

5163
02:49:24,950 --> 02:49:23,760

typing to say thank you kurt you're the

5164

02:49:27,190 --> 02:49:24,960

best man

5165

02:49:28,309 --> 02:49:27,200

what's kurt's full name kurt jaimungal

5166

02:49:30,070 --> 02:49:28,319

and it's in the description for the

5167

02:49:31,110 --> 02:49:30,080

video dorothy morrison afterwards you

5168

02:49:34,630 --> 02:49:31,120

can see it there

5169

02:49:38,630 --> 02:49:34,640

um j-a-i-m-u-n-g-a-l

5170

02:49:40,309 --> 02:49:38,640

he's a he's awesome really like i love

5171

02:49:43,269 --> 02:49:40,319

people who think like that

5172

02:49:44,950 --> 02:49:43,279

and who are self-reflective and very

5173

02:49:48,710 --> 02:49:44,960

very intellectual but able to

5174

02:49:52,309 --> 02:49:48,720

also relax into a kind of

5175

02:49:54,950 --> 02:49:52,319

beyond intellectualism it's really key

5176
02:49:56,469 --> 02:49:54,960
um sophia says uh on youtube says the

5177
02:49:59,510 --> 02:49:56,479
ego has a lot of power

5178
02:50:00,950 --> 02:49:59,520
always reasserting uh through and into

5179
02:50:02,309 --> 02:50:00,960
survival mechanisms so

5180
02:50:03,750 --> 02:50:02,319
sophie let's think about ego for a

5181
02:50:05,429 --> 02:50:03,760
second i don't know why i'm still

5182
02:50:08,150 --> 02:50:05,439
talking about talking for three hours

5183
02:50:09,190 --> 02:50:08,160
and i gotta be somewhere but i'm into

5184
02:50:11,990 --> 02:50:09,200
this now

5185
02:50:12,950 --> 02:50:12,000
it's a kind of a flow state oh my neck's

5186
02:50:16,710 --> 02:50:12,960
going to hurt tomorrow

5187
02:50:20,630 --> 02:50:19,110
we tend so in spiritual circles in

5188
02:50:21,910 --> 02:50:20,640

particular in meditation circles and

5189

02:50:22,630 --> 02:50:21,920

those kind of circles that look at this

5190

02:50:24,710 --> 02:50:22,640

stuff

5191

02:50:26,150 --> 02:50:24,720

the ego tends to be objectified as

5192

02:50:27,269 --> 02:50:26,160

something that's there it's like this

5193

02:50:29,590 --> 02:50:27,279

entity that

5194

02:50:31,190 --> 02:50:29,600

we need to fight or we need to overcome

5195

02:50:32,710 --> 02:50:31,200

or that's doing these bad things to us

5196

02:50:34,950 --> 02:50:32,720

or so on

5197

02:50:35,830 --> 02:50:34,960

and i think when you approach it from

5198

02:50:36,790 --> 02:50:35,840

that angle

5199

02:50:39,110 --> 02:50:36,800

i'm not saying you're doing this i'm

5200

02:50:39,750 --> 02:50:39,120

just saying i'm speaking just expositing

5201
02:50:41,670 --> 02:50:39,760
on this

5202
02:50:43,269 --> 02:50:41,680
when we approach ego from that angle we

5203
02:50:45,349 --> 02:50:43,279
turn it into an object what's

5204
02:50:47,030 --> 02:50:45,359
the only thing that can turn other

5205
02:50:51,190 --> 02:50:47,040
things into objects

5206
02:50:53,590 --> 02:50:51,200
ego so my friend angelo says when you go

5207
02:50:58,790 --> 02:50:53,600
to war with the ego

5208
02:51:05,750 --> 02:51:01,830
it it's a very subtle it's a

5209
02:51:08,870 --> 02:51:05,760
pattern of conditioned thoughts beliefs

5210
02:51:10,389 --> 02:51:08,880
and perceptual distortions

5211
02:51:12,710 --> 02:51:10,399
that are just happening just like

5212
02:51:14,309 --> 02:51:12,720
everything else is just happening

5213
02:51:15,830 --> 02:51:14,319

it's just happening and what happens is

5214

02:51:19,269 --> 02:51:15,840

it binds attention

5215

02:51:21,429 --> 02:51:19,279

so that we think this is it and the ego

5216

02:51:23,110 --> 02:51:21,439

knows us better than we know ourselves

5217

02:51:24,070 --> 02:51:23,120

it's had millions of years to evolve

5218

02:51:26,070 --> 02:51:24,080

with us

5219

02:51:27,910 --> 02:51:26,080

it knows our deepest darkest thoughts

5220

02:51:29,590 --> 02:51:27,920

and knows how to manipulate us now

5221

02:51:31,190 --> 02:51:29,600

again i'm objectifying it but let's just

5222

02:51:33,510 --> 02:51:31,200

say that pattern of energy

5223

02:51:35,349 --> 02:51:33,520

is really good at tricking attention

5224

02:51:38,070 --> 02:51:35,359

into following thoughts about

5225

02:51:38,469 --> 02:51:38,080

self and so on creating the sense of

5226

02:51:40,710 --> 02:51:38,479

self

5227

02:51:43,190 --> 02:51:40,720

this person behind my eyes that's seeing

5228

02:51:45,030 --> 02:51:43,200

objects around me as separate

5229

02:51:46,309 --> 02:51:45,040

instead of just everything as one thing

5230

02:51:49,510 --> 02:51:46,319

one as

5231

02:51:52,950 --> 02:51:49,520

as um kirk called it one vellum

5232

02:51:56,389 --> 02:51:52,960

one substrata one thing

5233

02:51:57,910 --> 02:51:56,399

one reality and the oh by the way jody

5234

02:51:58,469 --> 02:51:57,920

jacobs on facebook says i stayed the

5235

02:52:00,070 --> 02:51:58,479

full

5236

02:52:02,309 --> 02:52:00,080

three hours because i love this

5237

02:52:06,070 --> 02:52:02,319

conversation thank you both

5238

02:52:08,950 --> 02:52:06,080

jody that makes me so oh

5239

02:52:10,790 --> 02:52:08,960

i just love that i love that that really

5240

02:52:13,190 --> 02:52:10,800

warms me up my ego

5241

02:52:15,110 --> 02:52:13,200

but even beyond ego there's something

5242

02:52:17,830 --> 02:52:15,120

like

5243

02:52:18,550 --> 02:52:17,840

there's something in our authentic bits

5244

02:52:20,790 --> 02:52:18,560

right

5245

02:52:21,590 --> 02:52:20,800

that when you connect with another

5246

02:52:22,630 --> 02:52:21,600

person

5247

02:52:24,309 --> 02:52:22,640

like we connected during this

5248

02:52:24,950 --> 02:52:24,319

conversation you and i and kurt and all

5249

02:52:27,190 --> 02:52:24,960

that

5250

02:52:28,630 --> 02:52:27,200

it's just this sense of just elevation

5251
02:52:31,030 --> 02:52:28,640
like oh

5252
02:52:32,230 --> 02:52:31,040
that's beautiful that's humanity at its

5253
02:52:37,110 --> 02:52:32,240
most connected right

5254
02:52:40,230 --> 02:52:38,790
yeah jose check out his movie so his

5255
02:52:41,750 --> 02:52:40,240
movie's crazy it's like real

5256
02:52:43,190 --> 02:52:41,760
experimental and weird and

5257
02:52:44,550 --> 02:52:43,200
it doesn't seem like it's all going to

5258
02:52:45,030 --> 02:52:44,560
come together and then at the end it's

5259
02:52:47,349 --> 02:52:45,040
kind of like

5260
02:52:48,630 --> 02:52:47,359
what so you got you got to check it out

5261
02:52:50,870 --> 02:52:48,640
it's some crazy [h__h]

5262
02:52:52,230 --> 02:52:50,880
um all right now i probably i probably

5263
02:52:53,830 --> 02:52:52,240

should go because i can hear this

5264

02:52:59,830 --> 02:52:53,840

box trying to record and it's probably

5265

02:53:03,190 --> 02:53:01,349

yeah it's crazy it's still actually

5266

02:53:04,309 --> 02:53:03,200

recording i don't know i didn't know it

5267

02:53:08,309 --> 02:53:04,319

had that much space

5268

02:53:11,750 --> 02:53:08,319

on that card um cogito ergo

5269

02:53:13,750 --> 02:53:11,760

ego that's right george shepherd i think

5270

02:53:16,230 --> 02:53:13,760

therefore i am ego

5271

02:53:17,429 --> 02:53:16,240

ego itself is a friend it can be a it's

5272

02:53:19,110 --> 02:53:17,439

a it's a

5273

02:53:21,670 --> 02:53:19,120

it's a pattern of energy that's kept us

5274

02:53:22,070 --> 02:53:21,680

alive that's goal is to protect us from

5275

02:53:31,990 --> 02:53:22,080

a

5276

02:53:34,389 --> 02:53:32,000

thing

5277

02:53:35,750 --> 02:53:34,399

this pattern of energy we should honor

5278

02:53:37,830 --> 02:53:35,760

it we should thank it

5279

02:53:39,510 --> 02:53:37,840

we should be grateful for it but we

5280

02:53:40,710 --> 02:53:39,520

should recognize it for what it is we

5281

02:53:41,670 --> 02:53:40,720

should recognize when it's trying to

5282

02:53:45,269 --> 02:53:41,680

co-opt

5283

02:53:49,030 --> 02:53:47,910

you know the story of the one who woke

5284

02:53:50,870 --> 02:53:49,040

up

5285

02:53:52,630 --> 02:53:50,880

the story of the one who meditates the

5286

02:53:54,950 --> 02:53:52,640

story of the one who's embarking on a

5287

02:54:00,309 --> 02:53:54,960

spiritual journey whatever it is

5288

02:54:03,510 --> 02:54:02,309

june black it was three hours didn't

5289

02:54:04,230 --> 02:54:03,520

seem like it man i can't believe you

5290

02:54:06,710 --> 02:54:04,240

guys are with

5291

02:54:07,510 --> 02:54:06,720

with us this long ashley same thing you

5292

02:54:12,070 --> 02:54:07,520

guys are crazy

5293

02:54:17,590 --> 02:54:15,110

i'm tired um

5294

02:54:18,790 --> 02:54:17,600

samantha man you guys are great i you

5295

02:54:19,670 --> 02:54:18,800

guys are the core audience because there

5296

02:54:21,030 --> 02:54:19,680

was like

5297

02:54:22,469 --> 02:54:21,040

you know about a hundred and some on

5298

02:54:23,349 --> 02:54:22,479

each platform the whole time you guys

5299

02:54:26,309 --> 02:54:23,359

are really the core

5300

02:54:27,110 --> 02:54:26,319

hardcore devotees and i i'm so grateful

5301
02:54:28,710 --> 02:54:27,120
for you

5302
02:54:30,469 --> 02:54:28,720
all right i gotta stop doing this it's

5303
02:54:32,469 --> 02:54:30,479
an affectation but i love it when i went

5304
02:54:34,150 --> 02:54:32,479
to thailand when i was younger

5305
02:54:35,670 --> 02:54:34,160
this was it was a very buddhist society

5306
02:54:37,269 --> 02:54:35,680
and everybody would just do this and i

5307
02:54:40,790 --> 02:54:37,279
got in the habit of that

5308
02:54:42,870 --> 02:54:40,800
and it's a kind of a i see you as me

5309
02:54:43,910 --> 02:54:42,880
and a gratitude thing at the same time

5310
02:54:46,230 --> 02:54:43,920
it's really lovely

5311
02:54:47,349 --> 02:54:46,240
all right i'd rather do it than shake

5312
02:54:50,230 --> 02:54:47,359
hands honestly

5313
02:54:51,510 --> 02:54:50,240

um all right i love you guys now i got

5314

02:54:54,710 --> 02:54:51,520

to figure out how to end this

5315

02:54:56,070 --> 02:54:54,720

i'm going to say bye to youtube first so

5316

02:55:00,150 --> 02:54:56,080

bye bye youtube

5317

02:55:05,510 --> 02:55:04,150

and then i got to figure out

5318

02:55:06,790 --> 02:55:05,520

facebook i think the way i'll do that is