

Truth Seekers

TUESDAY, NOVEMBER 24TH, 7PM (EST)

KELLY FARMER EXPLAINS ESOTERIC BUDDHIST BELIEFS TO STEVEN CAMBIAN

Have questions about Buddhism? Join us in the live chat or call in live!



1
00:00:58,990 --> 00:00:17,180

[Music]

2
00:01:27,980 --> 00:00:59,000

so

3
00:02:03,990 --> 00:01:42,960

[Music]

4
00:02:09,270 --> 00:02:06,389
greetings and salutations friends today

5
00:02:11,589 --> 00:02:09,280
uh we're going to be taking a

6
00:02:13,830 --> 00:02:11,599
road off the beaten track for our show

7
00:02:15,510 --> 00:02:13,840
and talking about some things concerning

8
00:02:17,270 --> 00:02:15,520
spirituality

9
00:02:19,110 --> 00:02:17,280
some of you know that i consider myself

10
00:02:22,949 --> 00:02:19,120
a recovering catholic

11
00:02:25,350 --> 00:02:22,959
and one of the religions that i found

12
00:02:26,550 --> 00:02:25,360
trying to find a better fit for myself

13
00:02:30,390 --> 00:02:26,560

once i left

14

00:02:33,430 --> 00:02:30,400

the catholic church was buddhism

15

00:02:36,790 --> 00:02:33,440

something about solo practicing

16

00:02:37,990 --> 00:02:36,800

really appealed to me the meditation

17

00:02:40,070 --> 00:02:38,000

and the things i learned about

18

00:02:42,790 --> 00:02:40,080

meditation uh through

19

00:02:46,710 --> 00:02:42,800

buddhism have been tremendously

20

00:02:50,229 --> 00:02:49,270

throughout my own study i sought out

21

00:02:52,710 --> 00:02:50,239

different teachers

22

00:02:53,270 --> 00:02:52,720

attended lectures there's many places

23

00:02:55,589 --> 00:02:53,280

around

24

00:02:58,149 --> 00:02:55,599

where i lived in the philadelphia area

25

00:03:00,710 --> 00:02:58,159

the shambhala center being probably uh

26
00:03:01,990 --> 00:03:00,720
the most popular where you can go and

27
00:03:04,309 --> 00:03:02,000
hear

28
00:03:06,149 --> 00:03:04,319
buddhist monks come and give guest

29
00:03:08,949 --> 00:03:06,159
lectures

30
00:03:13,830 --> 00:03:08,959
but still i was left with many questions

31
00:03:18,949 --> 00:03:16,869
came from my upbringing as a christian

32
00:03:20,949 --> 00:03:18,959
and the belief in an all-powerful

33
00:03:23,990 --> 00:03:20,959
creator god

34
00:03:25,589 --> 00:03:24,000
and many things that buddhism really did

35
00:03:28,869 --> 00:03:25,599
not address for me

36
00:03:31,350 --> 00:03:28,879
and i was confused and probably

37
00:03:32,869 --> 00:03:31,360
honestly to this day i'm still confused

38
00:03:35,910 --> 00:03:32,879

by some of the

39

00:03:38,789 --> 00:03:35,920

deities surrounding buddhism

40

00:03:39,350 --> 00:03:38,799

and perhaps the relationship to hindu

41

00:03:42,550 --> 00:03:39,360

gods

42

00:03:45,990 --> 00:03:45,670

and so you know i thought it would be

43

00:03:49,589 --> 00:03:46,000

better

44

00:03:51,430 --> 00:03:49,599

if i had someone that was

45

00:03:52,710 --> 00:03:51,440

certainly i believe a lot more

46

00:03:54,630 --> 00:03:52,720

knowledgeable than me

47

00:03:55,830 --> 00:03:54,640

i've heard her talk about these subjects

48

00:03:58,390 --> 00:03:55,840

and different

49

00:03:59,270 --> 00:03:58,400

uh deities involved in buddhism on her

50

00:04:00,949 --> 00:03:59,280

channel

51
00:04:03,429 --> 00:04:00,959
and and that would be our guest tonight

52
00:04:04,309 --> 00:04:03,439
kelly from explaining esoterica where

53
00:04:06,550 --> 00:04:04,319
she

54
00:04:07,830 --> 00:04:06,560
delves into many of these subjects so

55
00:04:10,470 --> 00:04:07,840
without further ado

56
00:04:11,350 --> 00:04:10,480
we're going to bring her right on here

57
00:04:21,990 --> 00:04:11,360
yeah

58
00:04:22,000 --> 00:04:25,749
so i have a background just for you

59
00:04:33,110 --> 00:04:30,390
yeah so uh i thought we would start with

60
00:04:35,990 --> 00:04:33,120
a misconception that many people have

61
00:04:38,230 --> 00:04:36,000
about buddhism and i did for some time

62
00:04:40,150 --> 00:04:38,240
before studying it more and that

63
00:04:43,749 --> 00:04:40,160

misconception is that buddhists

64

00:04:45,430 --> 00:04:43,759

are all atheists yeah that is a huge

65

00:04:46,230 --> 00:04:45,440

misconception can you talk a little bit

66

00:04:48,310 --> 00:04:46,240

about that

67

00:04:49,990 --> 00:04:48,320

and and the differences between because

68

00:04:52,390 --> 00:04:50,000

some are

69

00:04:53,590 --> 00:04:52,400

and it's okay to be it's permissible to

70

00:04:56,070 --> 00:04:53,600

be okay

71

00:04:56,870 --> 00:04:56,080

but many aren't and there are also many

72

00:04:59,030 --> 00:04:56,880

people

73

00:05:00,629 --> 00:04:59,040

like myself who consider themselves both

74

00:05:03,110 --> 00:05:00,639

a christian and a buddhist

75

00:05:04,070 --> 00:05:03,120

it blows some people's minds like i

76

00:05:06,150 --> 00:05:04,080

didn't know you

77

00:05:07,990 --> 00:05:06,160

so many people tell me all the time i

78

00:05:10,710 --> 00:05:08,000

didn't know that you could be both

79

00:05:12,310 --> 00:05:10,720

you can't yeah so can you talk about the

80

00:05:14,550 --> 00:05:12,320

atheism misconception

81

00:05:16,070 --> 00:05:14,560

first yes okay so really when it comes

82

00:05:18,070 --> 00:05:16,080

to buddhism

83

00:05:19,189 --> 00:05:18,080

there is a misconception especially here

84

00:05:22,790 --> 00:05:19,199

in the west

85

00:05:24,950 --> 00:05:22,800

um that it's exclusively

86

00:05:27,350 --> 00:05:24,960

a philosophy so i actually had an entire

87

00:05:29,590 --> 00:05:27,360

episode of my show dedicated to this

88

00:05:31,830 --> 00:05:29,600

with the idea of buddhism is a

89

00:05:32,710 --> 00:05:31,840

philosophy but it's also a religion

90

00:05:35,350 --> 00:05:32,720

you have to realize that there are

91

00:05:35,990 --> 00:05:35,360

millions of people that this is their

92

00:05:39,189 --> 00:05:36,000

primary

93

00:05:41,749 --> 00:05:39,199

religion um however there's also

94

00:05:43,670 --> 00:05:41,759

millions of people who look at it

95

00:05:45,830 --> 00:05:43,680

strictly as a philosophy

96

00:05:47,590 --> 00:05:45,840

when it comes to buddha himself he never

97

00:05:49,350 --> 00:05:47,600

specifically said whether or not there

98

00:05:51,670 --> 00:05:49,360

was a god

99

00:05:52,790 --> 00:05:51,680

um instead actually i heard one story

100

00:05:56,070 --> 00:05:52,800

where a

101
00:05:56,550 --> 00:05:56,080
ramen disciple came to him and then and

102
00:05:59,990 --> 00:05:56,560
said

103
00:06:01,110 --> 00:06:00,000
i need to know enlightened father tell

104
00:06:03,909 --> 00:06:01,120
me is there a

105
00:06:05,350 --> 00:06:03,919
is there a god or not and he said and he

106
00:06:07,510 --> 00:06:05,360
said no

107
00:06:09,029 --> 00:06:07,520
there is no god and then that

108
00:06:10,790 --> 00:06:09,039
information went through the town and

109
00:06:12,870 --> 00:06:10,800
everybody rejoiced because now they had

110
00:06:14,710 --> 00:06:12,880
the truth about the reality of god

111
00:06:16,790 --> 00:06:14,720
and then a different disciple came to

112
00:06:17,590 --> 00:06:16,800
him and asked i need to know is there a

113
00:06:19,590 --> 00:06:17,600

god

114

00:06:21,510 --> 00:06:19,600

a few days later and he said yes there

115

00:06:22,390 --> 00:06:21,520

is correct and then there was all this

116

00:06:24,550 --> 00:06:22,400

confusion

117

00:06:26,390 --> 00:06:24,560

and and but the point of the story was

118

00:06:29,749 --> 00:06:26,400

at the end of it he said

119

00:06:31,510 --> 00:06:29,759

that uh whether god exists or not is

120

00:06:33,909 --> 00:06:31,520

immaterial to humans

121

00:06:35,670 --> 00:06:33,919

yeah it doesn't matter whether god

122

00:06:37,749 --> 00:06:35,680

exists or not which was strange to me

123

00:06:40,309 --> 00:06:37,759

because if he was so enlightened

124

00:06:41,189 --> 00:06:40,319

i don't know it just that story strikes

125

00:06:44,469 --> 00:06:41,199

me as odd

126

00:06:47,749 --> 00:06:44,479

because it's a fundamental human

127

00:06:49,189 --> 00:06:47,759

like need i think to know whether god

128

00:06:50,790 --> 00:06:49,199

exists or not that's why there's so many

129

00:06:52,309 --> 00:06:50,800

people are so passionate about their

130

00:06:54,070 --> 00:06:52,319

atheism or passionate about their

131

00:06:54,950 --> 00:06:54,080

religion or their belief in their own

132

00:06:57,909 --> 00:06:54,960

god

133

00:06:58,950 --> 00:06:57,919

right yeah no i i agree with you and i

134

00:07:01,029 --> 00:06:58,960

think that

135

00:07:02,790 --> 00:07:01,039

that is another misconception because

136

00:07:03,589 --> 00:07:02,800

when you look at buddhism as a religion

137

00:07:05,270 --> 00:07:03,599

you can still

138

00:07:07,350 --> 00:07:05,280

use buddhism as your religion and not

139

00:07:10,950 --> 00:07:07,360

believe in god that's the other

140

00:07:12,309 --> 00:07:10,960

layer of it it's the way that i look at

141

00:07:14,469 --> 00:07:12,319

buddhism and maybe this

142

00:07:16,150 --> 00:07:14,479

is what why people get confused is that

143

00:07:18,710 --> 00:07:16,160

it's kind of a frame

144

00:07:19,189 --> 00:07:18,720

that exists there are these specific

145

00:07:22,309 --> 00:07:19,199

pieces

146

00:07:24,550 --> 00:07:22,319

of it that if you're as a philosophy or

147

00:07:26,710 --> 00:07:24,560

as a religion no matter what

148

00:07:28,550 --> 00:07:26,720

um you're going to be familiar with so

149

00:07:31,589 --> 00:07:28,560

that's things like meditation

150

00:07:33,510 --> 00:07:31,599

like chanting

151

00:07:34,790 --> 00:07:33,520

four pillars all of those things those

152

00:07:37,270 --> 00:07:34,800

are all things that are going to make it

153

00:07:41,430 --> 00:07:37,280

that make it a philosophy and a religion

154

00:07:43,110 --> 00:07:41,440

okay so but on can you talk a little bit

155

00:07:44,629 --> 00:07:43,120

about what buddha did say about god

156

00:07:45,589 --> 00:07:44,639

because you're probably more familiar

157

00:07:47,350 --> 00:07:45,599

than me

158

00:07:49,430 --> 00:07:47,360

so the story you told us actually is

159

00:07:51,270 --> 00:07:49,440

accurate there is the story that

160

00:07:52,629 --> 00:07:51,280

he was asked twice and he gave two

161

00:07:55,589 --> 00:07:52,639

different answers so

162

00:07:56,390 --> 00:07:55,599

the general consensus when it comes to

163

00:07:58,629 --> 00:07:56,400

that

164

00:07:59,990 --> 00:07:58,639

is he was get not giving an answer by

165

00:08:02,790 --> 00:08:00,000

saying both yes and no

166

00:08:04,230 --> 00:08:02,800

because he didn't want it to be made

167

00:08:05,830 --> 00:08:04,240

into and he said that people had to find

168

00:08:07,670 --> 00:08:05,840

the answer within themselves

169

00:08:09,189 --> 00:08:07,680

correct that's a bet that's an okay

170

00:08:10,869 --> 00:08:09,199

answer i guess you have to

171

00:08:12,550 --> 00:08:10,879

decide that for yourself a guru can't

172

00:08:13,189 --> 00:08:12,560

tell you if there's god or not you have

173

00:08:15,110 --> 00:08:13,199

to

174

00:08:16,710 --> 00:08:15,120

decide for yourself correct and you also

175

00:08:19,110 --> 00:08:16,720

have to realize that there is a huge

176

00:08:20,629 --> 00:08:19,120

influence on buddhism by both jainism

177

00:08:23,670 --> 00:08:20,639

and hinduism

178

00:08:25,350 --> 00:08:23,680

sure so and basically buddhism kind of

179

00:08:26,869 --> 00:08:25,360

falls in between the two of them if you

180

00:08:27,749 --> 00:08:26,879

really think about it and you kind of

181

00:08:31,270 --> 00:08:27,759

look at them from

182

00:08:33,589 --> 00:08:31,280

a fully pulled back perspective jainism

183

00:08:34,949 --> 00:08:33,599

is very very simplistic

184

00:08:36,070 --> 00:08:34,959

yeah can you explain a little bit about

185

00:08:37,110 --> 00:08:36,080

that for the people who may not be

186

00:08:38,310 --> 00:08:37,120

familiar i think most people are

187

00:08:39,589 --> 00:08:38,320

familiar with hinduism that pre-data

188

00:08:42,630 --> 00:08:39,599

predated

189

00:08:43,190 --> 00:08:42,640

kingdom but what about what about so

190

00:08:45,750 --> 00:08:43,200

gene is

191

00:08:47,509 --> 00:08:45,760

another religion in the region um there

192

00:08:50,870 --> 00:08:47,519

are people that practice it and it

193

00:08:52,070 --> 00:08:50,880

is basically taking that side of

194

00:08:53,030 --> 00:08:52,080

buddhism where

195

00:08:54,550 --> 00:08:53,040

because when you look at the four

196

00:08:55,350 --> 00:08:54,560

pillars we've talked about right that

197

00:08:58,949 --> 00:08:55,360

first pillar

198

00:09:00,710 --> 00:08:58,959

is basically in a nutshell in summary

199

00:09:03,509 --> 00:09:00,720

everything life is suffering no matter

200

00:09:05,430 --> 00:09:03,519

what you're gonna suffer right

201
00:09:07,509 --> 00:09:05,440
jane that that idea actually kind of

202
00:09:10,630 --> 00:09:07,519
comes from jainism

203
00:09:13,590 --> 00:09:10,640
in that it's very um

204
00:09:14,949 --> 00:09:13,600
it's about having nothing buddhism is

205
00:09:15,750 --> 00:09:14,959
you're going to be a vegetarian you're

206
00:09:17,509 --> 00:09:15,760
going to respect

207
00:09:19,030 --> 00:09:17,519
life you're not going to destroy things

208
00:09:23,430 --> 00:09:19,040
you're going to be peaceful

209
00:09:24,790 --> 00:09:23,440
jainism is we want you to have nothing

210
00:09:26,630 --> 00:09:24,800
you're not not only are you not going to

211
00:09:27,190 --> 00:09:26,640
harm bugs but when you walk down the

212
00:09:29,509 --> 00:09:27,200
street

213
00:09:31,110 --> 00:09:29,519

if you're a full person that it fully

214

00:09:34,389 --> 00:09:31,120

adheres to it or a jane monk

215

00:09:35,990 --> 00:09:34,399

i guess so to speak they'll walk um with

216

00:09:37,190 --> 00:09:36,000

a broom in front of them sweeping the

217

00:09:38,870 --> 00:09:37,200

road in front of them so they don't

218

00:09:40,150 --> 00:09:38,880

accidentally step on a bug

219

00:09:41,990 --> 00:09:40,160

that's how big of a deal there's a

220

00:09:42,949 --> 00:09:42,000

little bit of an extreme belief system

221

00:09:43,990 --> 00:09:42,959

that they have

222

00:09:45,509 --> 00:09:44,000

and there are some that don't wear

223

00:09:46,710 --> 00:09:45,519

clothes that are completely naked and

224

00:09:47,190 --> 00:09:46,720

they're other ones that just dress in

225

00:09:49,190 --> 00:09:47,200

white

226

00:09:51,509 --> 00:09:49,200

so you're taking it to the full extreme

227

00:09:54,470 --> 00:09:51,519

so buddha in his journey

228

00:09:55,910 --> 00:09:54,480

was original right so he was originally

229

00:09:56,150 --> 00:09:55,920

okay i'm sorry i don't want to interrupt

230

00:09:59,269 --> 00:09:56,160

you

231

00:10:02,870 --> 00:09:59,279

we have a little bit of an echo over

232

00:10:04,949 --> 00:10:02,880

sorry about that um so when it came

233

00:10:06,949 --> 00:10:04,959

in buddha's life he was born as a prince

234

00:10:09,190 --> 00:10:06,959

in india

235

00:10:10,389 --> 00:10:09,200

um and had everything had everything he

236

00:10:12,949 --> 00:10:10,399

wanted however money

237

00:10:14,550 --> 00:10:12,959

had all possessions but it was not aware

238

00:10:16,069 --> 00:10:14,560

that other people were suffering he

239

00:10:16,550 --> 00:10:16,079

lived in the palace and never really

240

00:10:19,350 --> 00:10:16,560

left

241

00:10:20,790 --> 00:10:19,360

this is the general story that gets told

242

00:10:22,150 --> 00:10:20,800

one day he wanted to see what was

243

00:10:25,269 --> 00:10:22,160

outside the palace

244

00:10:27,350 --> 00:10:25,279

so his father the king basically ordered

245

00:10:30,829 --> 00:10:27,360

all the poor people all the sick

246

00:10:31,829 --> 00:10:30,839

basically yeah this is a crazy story

247

00:10:33,590 --> 00:10:31,839

yeah hidden

248

00:10:35,509 --> 00:10:33,600

um in a part of the city and not let the

249

00:10:36,630 --> 00:10:35,519

prince go there to see that people did

250

00:10:39,110 --> 00:10:36,640

suffer

251
00:10:40,790 --> 00:10:39,120
um he did unfortunately see it and with

252
00:10:42,710 --> 00:10:40,800
that even though he was married and he

253
00:10:45,829 --> 00:10:42,720
had a child

254
00:10:48,230 --> 00:10:45,839
left um and then vk and then

255
00:10:49,990 --> 00:10:48,240
basically went he wasn't necessarily a

256
00:10:51,509 --> 00:10:50,000
jane for a period of time but he went in

257
00:10:52,710 --> 00:10:51,519
that direction where he went to the

258
00:10:54,710 --> 00:10:52,720
extreme

259
00:10:56,710 --> 00:10:54,720
and the self-immolation and that kind of

260
00:10:58,630 --> 00:10:56,720
stuff liberty wasn't eating

261
00:11:00,550 --> 00:10:58,640
and he lost a ton of weight and it was

262
00:11:03,030 --> 00:11:00,560
this huge thing until you know the whole

263
00:11:04,949 --> 00:11:03,040

he sat under the body tree and realized

264

00:11:06,310 --> 00:11:04,959

that's not the right way to do it it's

265

00:11:08,389 --> 00:11:06,320

not having nothing

266

00:11:10,150 --> 00:11:08,399

but it's also not having everything you

267

00:11:10,710 --> 00:11:10,160

have to find that in between but also

268

00:11:11,990 --> 00:11:10,720

realize

269

00:11:14,150 --> 00:11:12,000

yeah maybe that's where the concept of

270

00:11:15,350 --> 00:11:14,160

the middle road comes from right

271

00:11:17,350 --> 00:11:15,360

and that is where the concept of the

272

00:11:19,350 --> 00:11:17,360

middle road comes from it's taking

273

00:11:20,470 --> 00:11:19,360

it's making sure you stay in the middle

274

00:11:22,389 --> 00:11:20,480

but also you know

275

00:11:24,470 --> 00:11:22,399

not doing anything too crazy because

276

00:11:25,829 --> 00:11:24,480

when people

277

00:11:27,430 --> 00:11:25,839

there are two different ways to look at

278

00:11:28,389 --> 00:11:27,440

it buddhism can be seen as very

279

00:11:31,509 --> 00:11:28,399

restrictive

280

00:11:34,069 --> 00:11:31,519

when you say oh you can't eat meat

281

00:11:35,590 --> 00:11:34,079

but the thing is is that but i know i

282

00:11:37,910 --> 00:11:35,600

know so many people that are into

283

00:11:41,910 --> 00:11:37,920

buddhism and meditation and still do

284

00:11:43,750 --> 00:11:41,920

yeah myself for example you know yeah

285

00:11:46,310 --> 00:11:43,760

and i had a buddhist monk tell me

286

00:11:47,430 --> 00:11:46,320

well uh you can't go as far in your

287

00:11:50,949 --> 00:11:47,440

meditation

288

00:11:52,550 --> 00:11:50,959

or in your life path if you eat meat uh

289

00:11:53,990 --> 00:11:52,560

but you can still practice or something

290

00:11:55,670 --> 00:11:54,000

like that so i kind of

291

00:11:57,110 --> 00:11:55,680

you know i don't know i tried

292

00:11:58,710 --> 00:11:57,120

vegetarianism for like

293

00:12:00,470 --> 00:11:58,720

a year i lived with a girl who was

294

00:12:01,910 --> 00:12:00,480

vegetarian it was just easier

295

00:12:03,750 --> 00:12:01,920

she's going to cook every day i'll just

296

00:12:06,470 --> 00:12:03,760

eat vegetarian meals

297

00:12:07,670 --> 00:12:06,480

but eventually i i had to go back i just

298

00:12:09,750 --> 00:12:07,680

just couldn't do it

299

00:12:11,350 --> 00:12:09,760

it's not easy i'll be honest with you

300

00:12:12,389 --> 00:12:11,360

and the thing is is that if you actually

301
00:12:15,269 --> 00:12:12,399
speak to

302
00:12:16,069 --> 00:12:15,279
a monk well because here's the other

303
00:12:18,790 --> 00:12:16,079
thing

304
00:12:20,310 --> 00:12:18,800
that we that we kind of glazed over but

305
00:12:21,910 --> 00:12:20,320
when it comes to buddhism there's also

306
00:12:24,870 --> 00:12:21,920
different

307
00:12:26,710 --> 00:12:24,880
denominations of buddhism right yeah

308
00:12:28,470 --> 00:12:26,720
there's different sex different beliefs

309
00:12:29,990 --> 00:12:28,480
sure correct so really you're like

310
00:12:31,829 --> 00:12:30,000
christianity there's a big

311
00:12:33,350 --> 00:12:31,839
span of christianity from latter-day

312
00:12:35,910 --> 00:12:33,360
saints to

313
00:12:36,389 --> 00:12:35,920

christian fundamentalists to catholics

314

00:12:38,790 --> 00:12:36,399

yeah

315

00:12:40,230 --> 00:12:38,800

and they each have their own different

316

00:12:42,790 --> 00:12:40,240

slight differences

317

00:12:45,030 --> 00:12:42,800

exactly the way i would look at buddhism

318

00:12:47,110 --> 00:12:45,040

because the two main types of buddhism

319

00:12:48,949 --> 00:12:47,120

are theraveda which is the traditional

320

00:12:51,350 --> 00:12:48,959

this is what buddha taught

321

00:12:53,670 --> 00:12:51,360

these are his words and mahayana which

322

00:12:56,790 --> 00:12:53,680

is more of an interpretation of what he

323

00:12:58,949 --> 00:12:56,800

taught more people craft as mahayana but

324

00:13:01,750 --> 00:12:58,959

under mahayana

325

00:13:03,350 --> 00:13:01,760

follows all those other sects so you're

326

00:13:04,550 --> 00:13:03,360

looking at pure land buddhism you're

327

00:13:07,110 --> 00:13:04,560

looking at

328

00:13:09,190 --> 00:13:07,120

tibetan buddhism all of those fall under

329

00:13:10,310 --> 00:13:09,200

the mahayana umbrella so to zen buddhism

330

00:13:11,750 --> 00:13:10,320

technically

331

00:13:12,790 --> 00:13:11,760

so really you're looking at their veda

332

00:13:14,150 --> 00:13:12,800

if you're looking at this from a

333

00:13:15,509 --> 00:13:14,160

christian's perspective and you kind of

334

00:13:16,949 --> 00:13:15,519

want to do a comparison

335

00:13:18,829 --> 00:13:16,959

you would think of theravada kind of

336

00:13:22,069 --> 00:13:18,839

like um

337

00:13:24,870 --> 00:13:22,079

catholicism and then

338

00:13:26,389 --> 00:13:24,880

like all of the other types of yeah

339

00:13:29,190 --> 00:13:26,399

they're called the protestant religions

340

00:13:30,710 --> 00:13:29,200

yeah and then there's also so that's a

341

00:13:32,389 --> 00:13:30,720

good way to kind of look at it when it

342

00:13:33,750 --> 00:13:32,399

comes to the divinities you can also do

343

00:13:34,949 --> 00:13:33,760

that same kind of thing looking at the

344

00:13:36,310 --> 00:13:34,959

divinities but we don't have to get

345

00:13:37,990 --> 00:13:36,320

there yet i don't want to jump too far

346

00:13:40,150 --> 00:13:38,000

ahead

347

00:13:41,829 --> 00:13:40,160

excuse me i'm just a stupid monkey

348

00:13:43,829 --> 00:13:41,839

trying to understand this and listen i

349

00:13:46,150 --> 00:13:43,839

appreciate you doing this because

350

00:13:47,030 --> 00:13:46,160

even reading books about this stuff just

351
00:13:51,189 --> 00:13:47,040
gets

352
00:13:51,990 --> 00:13:51,199
these deity names and different you're

353
00:13:53,350 --> 00:13:52,000
right there's

354
00:13:55,509 --> 00:13:53,360
as far as the duties all these different

355
00:13:55,829 --> 00:13:55,519
beliefs and i try to get my brain around

356
00:13:57,990 --> 00:13:55,839
it

357
00:13:59,670 --> 00:13:58,000
and i think the biggest problem that i

358
00:14:01,509 --> 00:13:59,680
have is that they don't

359
00:14:03,670 --> 00:14:01,519
no to my knowledge i could be wrong you

360
00:14:04,389 --> 00:14:03,680
can correct me but no buddhist sector

361
00:14:06,710 --> 00:14:04,399
belief

362
00:14:09,509 --> 00:14:06,720
system really believes in a creator god

363
00:14:12,629 --> 00:14:09,519

or talks about a creator god much

364

00:14:15,990 --> 00:14:12,639

right and see

365

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

20 years of scripture studying catholic

366

00:14:20,150 --> 00:14:18,320

priests i i was educated by priests

367

00:14:22,470 --> 00:14:20,160

brothers and nuns you know

368

00:14:23,350 --> 00:14:22,480

every day of my life so that was sort of

369

00:14:25,750 --> 00:14:23,360

just

370

00:14:27,430 --> 00:14:25,760

an accepted you know the all-powerful

371

00:14:29,910 --> 00:14:27,440

god created the earth and

372

00:14:31,350 --> 00:14:29,920

genesis whether you believe that as

373

00:14:34,230 --> 00:14:31,360

literal or just uh

374

00:14:35,829 --> 00:14:34,240

store you know but i just can't get my

375

00:14:39,030 --> 00:14:35,839

brain around the fact that they didn't

376

00:14:45,189 --> 00:14:42,150

creator god that created the world

377

00:14:46,790 --> 00:14:45,199

well i mean there is the idea of i mean

378

00:14:50,389 --> 00:14:46,800

the world obviously being

379

00:14:51,829 --> 00:14:50,399

created by i think the best way to

380

00:14:52,790 --> 00:14:51,839

compare it and i know this is going to

381

00:14:54,150 --> 00:14:52,800

sound crazy

382

00:14:56,230 --> 00:14:54,160

or not crazy but it's going to sound

383

00:14:57,509 --> 00:14:56,240

woo-woo because when you look at the

384

00:15:00,150 --> 00:14:57,519

spiritual

385

00:15:01,430 --> 00:15:00,160

people who like the new agey people and

386

00:15:03,189 --> 00:15:01,440

they talk about source

387

00:15:05,590 --> 00:15:03,199

and going back to source that source our

388

00:15:06,310 --> 00:15:05,600

stores yeah that's a good explanation

389

00:15:08,470 --> 00:15:06,320

actually

390

00:15:10,710 --> 00:15:08,480

yeah they do believe in all they believe

391

00:15:12,629 --> 00:15:10,720

in and sort of the power of nature

392

00:15:14,310 --> 00:15:12,639

and their gods but there's a god in the

393

00:15:16,230 --> 00:15:14,320

river there's a god in the waterfall

394

00:15:21,030 --> 00:15:16,240

there's a god in the

395

00:15:22,389 --> 00:15:21,040

and it's all tied together so the idea

396

00:15:26,389 --> 00:15:22,399

is that when you

397

00:15:28,629 --> 00:15:26,399

achieve release from samsara when you

398

00:15:30,710 --> 00:15:28,639

achieve nirvana so to speak and you're

399

00:15:31,350 --> 00:15:30,720

no longer stuck in the reincarnation

400

00:15:34,310 --> 00:15:31,360

cycle

401
00:15:35,430 --> 00:15:34,320
which personally i don't believe this is

402
00:15:36,949 --> 00:15:35,440
just a personal belief

403
00:15:38,310 --> 00:15:36,959
i do believe in reincarnation but i

404
00:15:40,150 --> 00:15:38,320
don't believe it works the way that it

405
00:15:42,389 --> 00:15:40,160
gets described in buddhism

406
00:15:44,150 --> 00:15:42,399
but that's beyond the point um it's just

407
00:15:46,150 --> 00:15:44,160
the way it's described and

408
00:15:47,829 --> 00:15:46,160
i'm doing that ending that cycle that's

409
00:15:48,389 --> 00:15:47,839
another thing that that's another thing

410
00:15:49,910 --> 00:15:48,399
from a

411
00:15:51,590 --> 00:15:49,920
christian perspective that is difficult

412
00:15:54,150 --> 00:15:51,600
to grasp or understand

413
00:15:55,189 --> 00:15:54,160

is that buddhists believe sort of in

414

00:15:57,990 --> 00:15:55,199

this

415

00:16:00,629 --> 00:15:58,000

karmic wheel and and you could you could

416

00:16:02,550 --> 00:16:00,639

have sins or transgressions in this life

417

00:16:03,670 --> 00:16:02,560

and not pay for them but in the next

418

00:16:06,230 --> 00:16:03,680

life you will

419

00:16:08,069 --> 00:16:06,240

okay and then and then again christians

420

00:16:11,829 --> 00:16:08,079

we're generally you're one and done

421

00:16:13,749 --> 00:16:11,839

so yeah so yes i mean

422

00:16:15,749 --> 00:16:13,759

but i'm all for reincarnation because i

423

00:16:18,230 --> 00:16:15,759

don't know i maybe i'm feeling mortal

424

00:16:20,949 --> 00:16:18,240

lately but i think that one go around

425

00:16:22,790 --> 00:16:20,959

you can't possibly absorb all of the

426
00:16:24,389 --> 00:16:22,800
human experience in one lifetime no

427
00:16:27,749 --> 00:16:24,399
matter how hard you try

428
00:16:31,030 --> 00:16:27,759
you can try right but try

429
00:16:32,870 --> 00:16:31,040
yeah but yeah no you're right um so

430
00:16:34,949 --> 00:16:32,880
the idea so back to this whole source

431
00:16:36,710 --> 00:16:34,959
thing is that when you die and you get

432
00:16:38,150 --> 00:16:36,720
out of that whole reincarnation cycle

433
00:16:40,389 --> 00:16:38,160
and you achieve nirvana

434
00:16:41,670 --> 00:16:40,399
where what happens is you end up going

435
00:16:43,749 --> 00:16:41,680
back

436
00:16:45,350 --> 00:16:43,759
to basically that source energy and you

437
00:16:48,829 --> 00:16:45,360
rejoin and you no longer have

438
00:16:50,790 --> 00:16:48,839

individuality and you kind of join the

439

00:16:52,629 --> 00:16:50,800

greater

440

00:16:54,710 --> 00:16:52,639

or energy of the universe that's

441

00:16:57,030 --> 00:16:54,720

basically where the end result is and

442

00:16:59,350 --> 00:16:57,040

that's what you're trying to do

443

00:17:00,470 --> 00:16:59,360

um this seems to be a recurrent theme in

444

00:17:03,670 --> 00:17:00,480

buddhism too to

445

00:17:04,870 --> 00:17:03,680

uh to divorce yourself or release

446

00:17:08,230 --> 00:17:04,880

yourself from

447

00:17:09,510 --> 00:17:08,240

from uh suffering well suffering

448

00:17:12,069 --> 00:17:09,520

attachment

449

00:17:14,069 --> 00:17:12,079

yeah and individuality to see everybody

450

00:17:17,429 --> 00:17:14,079

as as part of the

451
00:17:19,110 --> 00:17:17,439
as part of you you know and that's been

452
00:17:20,230 --> 00:17:19,120
helpful in my life too because you know

453
00:17:21,590 --> 00:17:20,240
sometimes you got to deal with some

454
00:17:23,429 --> 00:17:21,600
pricks in your life

455
00:17:25,270 --> 00:17:23,439
correct you've got to learn to see you

456
00:17:27,669 --> 00:17:25,280
and them or god in them

457
00:17:28,789 --> 00:17:27,679
too and learn to you know understand

458
00:17:31,430 --> 00:17:28,799
it's all

459
00:17:32,950 --> 00:17:31,440
we're all connected in that way yes i

460
00:17:35,110 --> 00:17:32,960
mean if you look at if you think about

461
00:17:36,549 --> 00:17:35,120
it attachment itself right if you say i

462
00:17:38,310 --> 00:17:36,559
want to release attachment

463
00:17:40,310 --> 00:17:38,320

the reason you're releasing attachment

464

00:17:41,830 --> 00:17:40,320

is that is because by having attachments

465

00:17:43,029 --> 00:17:41,840

you're causing yourself suffering

466

00:17:45,590 --> 00:17:43,039

really at the end of the day it all

467

00:17:47,190 --> 00:17:45,600

comes back to that central idea of

468

00:17:48,470 --> 00:17:47,200

you're suffering no matter what you're

469

00:17:50,230 --> 00:17:48,480

going to suffer in this life so you're

470

00:17:52,789 --> 00:17:50,240

trying to put an end to it

471

00:17:55,510 --> 00:17:52,799

yeah that part of this was kind of a

472

00:17:57,510 --> 00:17:55,520

downer to me i know it is a counter

473

00:17:59,350 --> 00:17:57,520

you know honestly i think that i was in

474

00:17:59,990 --> 00:17:59,360

a form of suffering having so many

475

00:18:01,669 --> 00:18:00,000

doubts about

476

00:18:03,190 --> 00:18:01,679

the religion that i grew up with and

477

00:18:05,830 --> 00:18:03,200

just

478

00:18:07,590 --> 00:18:05,840

being real my family was very badly

479

00:18:09,110 --> 00:18:07,600

mistreated by our catholic church

480

00:18:11,029 --> 00:18:09,120

to the point that they would they didn't

481

00:18:12,950 --> 00:18:11,039

want to bury my father because he was

482

00:18:15,510 --> 00:18:12,960

behind in his church envelopes

483

00:18:16,630 --> 00:18:15,520

oh my god and i had a big blowout with

484

00:18:18,789 --> 00:18:16,640

them and you know when i

485

00:18:20,630 --> 00:18:18,799

found buddhism it kind of helped me deal

486

00:18:22,070 --> 00:18:20,640

with anger issues and things like that

487

00:18:24,390 --> 00:18:22,080

but it was a downer to

488

00:18:25,350 --> 00:18:24,400

to realize and and i truly believe that

489

00:18:29,750 --> 00:18:25,360

they were right that

490

00:18:31,830 --> 00:18:29,760

life is all about suffering and our uh

491

00:18:33,029 --> 00:18:31,840

our attempts at escaping it you know

492

00:18:35,510 --> 00:18:33,039

some people try to escape it through

493

00:18:39,190 --> 00:18:35,520

drugs or through alcohol or through uh

494

00:18:41,270 --> 00:18:39,200

unhealthy habits sex addictions whatever

495

00:18:42,950 --> 00:18:41,280

we're all trying to get away from the

496

00:18:43,750 --> 00:18:42,960

feeling of being uncomfortable or that

497

00:18:45,270 --> 00:18:43,760

suffering

498

00:18:48,390 --> 00:18:45,280

but buddhism gives us a better way to

499

00:18:51,669 --> 00:18:48,400

deal with it right correct

500

00:18:53,669 --> 00:18:51,679

um the other thing is is that uh

501
00:18:55,430 --> 00:18:53,679
because i know we had talked briefly a

502
00:18:58,070 --> 00:18:55,440
few moments ago about the middle path

503
00:18:59,430 --> 00:18:58,080
i did just uh remember something and i

504
00:19:01,110 --> 00:18:59,440
wanted to share it

505
00:19:02,789 --> 00:19:01,120
if you're familiar with the tree of life

506
00:19:04,710 --> 00:19:02,799
in kabbalah

507
00:19:06,070 --> 00:19:04,720
yes you know with the circles and the

508
00:19:08,470 --> 00:19:06,080
line

509
00:19:09,590 --> 00:19:08,480
the middle path also is in regards to

510
00:19:14,150 --> 00:19:09,600
that

511
00:19:15,669 --> 00:19:14,160
follow the traditional

512
00:19:18,150 --> 00:19:15,679
ideas of buddhism and what you're

513
00:19:18,789 --> 00:19:18,160

supposed to do it takes you up the

514

00:19:21,830 --> 00:19:18,799

middle

515

00:19:25,190 --> 00:19:21,840

of the kabbalah the tree of life in the

516

00:19:27,510 --> 00:19:25,200

fastest way possible for you to exit

517

00:19:29,270 --> 00:19:27,520

you can take whatever circles and path

518

00:19:31,350 --> 00:19:29,280

you want on the kabbalah but

519

00:19:32,870 --> 00:19:31,360

specif but the idea is that that middle

520

00:19:35,110 --> 00:19:32,880

path it's that middle path it's that

521

00:19:36,710 --> 00:19:35,120

center path in kabbalah

522

00:19:38,710 --> 00:19:36,720

yeah and this is an interesting concept

523

00:19:40,070 --> 00:19:38,720

because you know but i've struggled with

524

00:19:41,990 --> 00:19:40,080

this myself because

525

00:19:43,669 --> 00:19:42,000

you know uh if you if you apply this

526

00:19:45,990 --> 00:19:43,679

middle path to everything

527

00:19:47,909 --> 00:19:46,000

sometimes you can't you know if you're

528

00:19:48,390 --> 00:19:47,919

an alcoholic you can't take the middle

529

00:19:51,430 --> 00:19:48,400

path

530

00:19:51,830 --> 00:19:51,440

and enjoy alcohol sometimes because you

531

00:19:53,830 --> 00:19:51,840

have

532

00:19:55,110 --> 00:19:53,840

an issue with that or or you know drugs

533

00:19:58,230 --> 00:19:55,120

or whatever

534

00:20:00,310 --> 00:19:58,240

but then again it does to some people

535

00:20:02,310 --> 00:20:00,320

it seems that it would apply like to

536

00:20:02,870 --> 00:20:02,320

completely abstain from alcohol if you

537

00:20:05,190 --> 00:20:02,880

like it

538

00:20:07,990 --> 00:20:05,200

is a form of suffering too so maybe the

539

00:20:09,350 --> 00:20:08,000

middle path is better for some but

540

00:20:11,350 --> 00:20:09,360

yeah it was the best way it was

541

00:20:11,669 --> 00:20:11,360

described to me and it makes sense like

542

00:20:15,029 --> 00:20:11,679

now

543

00:20:18,230 --> 00:20:15,039

don't over indulge

544

00:20:20,070 --> 00:20:18,240

but don't don't uh you know

545

00:20:21,590 --> 00:20:20,080

not indulge at all because that could be

546

00:20:24,789 --> 00:20:21,600

a form of suffering as well

547

00:20:27,029 --> 00:20:24,799

i've had monks tell me that it's been if

548

00:20:29,270 --> 00:20:27,039

you can't commit to being a vegetarian

549

00:20:30,310 --> 00:20:29,280

100 of the time if you can commit to

550

00:20:31,830 --> 00:20:30,320

doing it

551

00:20:34,310 --> 00:20:31,840

two days a week yeah a couple days a

552

00:20:36,470 --> 00:20:34,320

week sure that's enough for us

553

00:20:38,549 --> 00:20:36,480

um don't gamble too much don't have too

554

00:20:39,110 --> 00:20:38,559

much sex don't do too many drugs it was

555

00:20:41,909 --> 00:20:39,120

always right

556

00:20:42,549 --> 00:20:41,919

man right back up no too much sex not

557

00:20:45,270 --> 00:20:42,559

too much

558

00:20:46,789 --> 00:20:45,280

that was specifically yeah i'm pretty

559

00:20:49,270 --> 00:20:46,799

sure that i had a monk tell me that too

560

00:20:51,029 --> 00:20:49,280

and i said but uh i'm newly married and

561

00:20:54,310 --> 00:20:51,039

he said well then it's probably okay

562

00:20:55,990 --> 00:20:54,320

or i know actually i said i'm newly

563

00:20:58,230 --> 00:20:56,000

married and we're trying to have a child

564

00:21:00,789 --> 00:20:58,240

and he said well in that case have all

565

00:21:02,390 --> 00:21:00,799

you want go ahead

566

00:21:04,310 --> 00:21:02,400

yeah and that surprised me because he

567

00:21:07,669 --> 00:21:04,320

was such a straight face

568

00:21:09,669 --> 00:21:07,679

serious guy you know yeah

569

00:21:11,990 --> 00:21:09,679

it's i mean it's one of those things it

570

00:21:13,830 --> 00:21:12,000

really is just don't

571

00:21:15,830 --> 00:21:13,840

like you know don't make yourself suffer

572

00:21:17,190 --> 00:21:15,840

but don't go to excess because either

573

00:21:18,630 --> 00:21:17,200

because if you do too much you're going

574

00:21:19,669 --> 00:21:18,640

to suffer if you do too little you're

575

00:21:22,149 --> 00:21:19,679

going to suffer

576

00:21:22,789 --> 00:21:22,159

try to be moderate that's basically the

577

00:21:25,190 --> 00:21:22,799

idea

578

00:21:26,870 --> 00:21:25,200

so that's why it helps a lot back to

579

00:21:27,990 --> 00:21:26,880

this whole idea that we started talking

580

00:21:29,669 --> 00:21:28,000

about the first place of

581

00:21:32,310 --> 00:21:29,679

why it works is the philosophy for

582

00:21:33,909 --> 00:21:32,320

people because it gets them that

583

00:21:35,510 --> 00:21:33,919

it gives them kind of some structure and

584

00:21:37,590 --> 00:21:35,520

some ideas to look at but they're not

585

00:21:39,270 --> 00:21:37,600

committing because buddhism does not

586

00:21:41,270 --> 00:21:39,280

necessarily have a god as we talked

587

00:21:43,270 --> 00:21:41,280

about it can be atheist

588

00:21:44,390 --> 00:21:43,280

it works as a philosophical system so

589

00:21:47,510 --> 00:21:44,400

you can be

590

00:21:49,110 --> 00:21:47,520

a christian who philosophically is a

591

00:21:51,110 --> 00:21:49,120

buddhist

592

00:21:52,710 --> 00:21:51,120

um and vice versa and actually there are

593

00:21:54,789 --> 00:21:52,720

religions that are built entirely upon

594

00:21:56,950 --> 00:21:54,799

that i've also talked about that on my

595

00:21:58,549 --> 00:21:56,960

channel before that yeah i found a group

596

00:22:00,310 --> 00:21:58,559

that is uh that is christian

597

00:22:01,830 --> 00:22:00,320

and buddhist at the same time and that

598

00:22:02,789 --> 00:22:01,840

was interesting to me because i didn't

599

00:22:05,909 --> 00:22:02,799

know there was

600

00:22:08,149 --> 00:22:05,919

that many more of you know kind of me

601
00:22:09,430 --> 00:22:08,159
or how i considered it oh there's a time

602
00:22:11,350 --> 00:22:09,440
there's a time

603
00:22:13,909 --> 00:22:11,360
and yeah and i said before that and i

604
00:22:15,430 --> 00:22:13,919
truly believe this i think that being

605
00:22:17,350 --> 00:22:15,440
learning about buddhism and trying to

606
00:22:20,630 --> 00:22:17,360
practice buddhist principles

607
00:22:22,789 --> 00:22:20,640
made me a better christian and uh

608
00:22:24,470 --> 00:22:22,799
and being a christian i think in some

609
00:22:24,789 --> 00:22:24,480
ways made me a better buddhist because i

610
00:22:28,630 --> 00:22:24,799
had

611
00:22:29,270 --> 00:22:28,640
other perspectives so it's a nice mix

612
00:22:30,789 --> 00:22:29,280
and the two

613
00:22:34,390 --> 00:22:30,799

really go together a lot of people think

614

00:22:36,549 --> 00:22:34,400

jesus studied buddhism in the far east

615

00:22:38,830 --> 00:22:36,559

because the because the philosophies

616

00:22:42,149 --> 00:22:38,840

that he taught are so similar in some

617

00:22:44,470 --> 00:22:42,159

respects yeah i mean there are a lot

618

00:22:46,630 --> 00:22:44,480

of similarities between the two so

619

00:22:47,110 --> 00:22:46,640

that's why it was very easy for me as a

620

00:22:48,630 --> 00:22:47,120

child

621

00:22:50,310 --> 00:22:48,640

even though i wasn't aware that this was

622

00:22:52,390 --> 00:22:50,320

a thing to

623

00:22:54,470 --> 00:22:52,400

really do that to kind of subscribe to

624

00:22:55,669 --> 00:22:54,480

both because i mean i'm only half asian

625

00:22:58,149 --> 00:22:55,679

you have to remember that

626

00:22:59,590 --> 00:22:58,159

my father is caucasian and is there yeah

627

00:23:03,029 --> 00:22:59,600

i think i've heard you say that before

628

00:23:04,390 --> 00:23:03,039

yeah he's christian um so i kind of grew

629

00:23:06,630 --> 00:23:04,400

up you know kind of with that blend

630

00:23:07,909 --> 00:23:06,640

oh one foot in both right in both

631

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

because all my friends were also

632

00:23:10,710 --> 00:23:09,200

christians they would invite me to

633

00:23:11,830 --> 00:23:10,720

church so i'd do that but then you know

634

00:23:14,070 --> 00:23:11,840

with my mom go to

635

00:23:15,350 --> 00:23:14,080

the temple learn from the monks so i did

636

00:23:16,710 --> 00:23:15,360

have a foot in both

637

00:23:18,710 --> 00:23:16,720

though i wouldn't say i'm an expert in

638

00:23:19,830 --> 00:23:18,720

christianity i just have exposure to it

639

00:23:21,190 --> 00:23:19,840

so i can tell you

640

00:23:22,390 --> 00:23:21,200

there are some things that are similar

641

00:23:23,190 --> 00:23:22,400

and there are some ideas that are

642

00:23:26,710 --> 00:23:23,200

similar

643

00:23:30,149 --> 00:23:26,720

and they even gave some of um

644

00:23:33,190 --> 00:23:30,159

some lesser known i guess

645

00:23:35,750 --> 00:23:33,200

red text from the bible um of

646

00:23:36,630 --> 00:23:35,760

jesus and showed them to the dalai lama

647

00:23:39,750 --> 00:23:36,640

without saying

648

00:23:42,789 --> 00:23:39,760

that it was from the bible and

649

00:23:44,630 --> 00:23:42,799

um the dalai lama's response was oh this

650

00:23:46,710 --> 00:23:44,640

person seems to be really wise they were

651
00:23:48,630 --> 00:23:46,720
probably a bodhisattva

652
00:23:51,750 --> 00:23:48,640
which then you find which then is jesus

653
00:23:54,230 --> 00:23:51,760
so yes i mean it

654
00:23:55,669 --> 00:23:54,240
it's logical from a buddhist perspective

655
00:23:59,110 --> 00:23:55,679
even to

656
00:23:59,830 --> 00:23:59,120
to recognize christianity you can do

657
00:24:03,029 --> 00:23:59,840
that

658
00:24:03,990 --> 00:24:03,039
so um yeah i mean yeah and coming from a

659
00:24:05,909 --> 00:24:04,000
sort of restrictive

660
00:24:07,590 --> 00:24:05,919
catholic upbringing where they tell you

661
00:24:08,630 --> 00:24:07,600
exactly what you're supposed to do and

662
00:24:11,990 --> 00:24:08,640
think

663
00:24:15,029 --> 00:24:12,000

this level of freedom that they offer

664

00:24:15,590 --> 00:24:15,039

was attractive to me you know like wait

665

00:24:18,310 --> 00:24:15,600

i could be an

666

00:24:19,669 --> 00:24:18,320

atheist if i want to i could be or i

667

00:24:22,149 --> 00:24:19,679

could believe in god and they're not

668

00:24:25,430 --> 00:24:22,159

going to step in and tell me

669

00:24:28,230 --> 00:24:25,440

how to think you know and you know i do

670

00:24:29,669 --> 00:24:28,240

give credit to alan watts

671

00:24:31,510 --> 00:24:29,679

i give him a lot of credit for bringing

672

00:24:33,110 --> 00:24:31,520

that to i mean he wasn't the only person

673

00:24:35,029 --> 00:24:33,120

that kind of brought those ideas and his

674

00:24:38,149 --> 00:24:35,039

philosophies here to the west

675

00:24:39,350 --> 00:24:38,159

but he was a major of them yeah a huge

676
00:24:41,510 --> 00:24:39,360
major contribution

677
00:24:42,789 --> 00:24:41,520
to that movement which i think is great

678
00:24:45,029 --> 00:24:42,799
because it's opened up

679
00:24:46,149 --> 00:24:45,039
a lot of people in the united states and

680
00:24:47,750 --> 00:24:46,159
europe to

681
00:24:49,110 --> 00:24:47,760
the fact that buddhism exists how it

682
00:24:50,630 --> 00:24:49,120
works and also you know other eastern

683
00:24:52,789 --> 00:24:50,640
religions

684
00:24:54,230 --> 00:24:52,799
but i think that there was confusion

685
00:24:56,070 --> 00:24:54,240
because

686
00:24:57,590 --> 00:24:56,080
he specifically called it eastern

687
00:25:00,950 --> 00:24:57,600
philosophy

688
00:25:01,990 --> 00:25:00,960

which then it lost kind of a religious

689

00:25:04,789 --> 00:25:02,000

portion

690

00:25:05,190 --> 00:25:04,799

part of it so then now you know so then

691

00:25:07,190 --> 00:25:05,200

once

692

00:25:08,630 --> 00:25:07,200

you know the larger the asian population

693

00:25:10,950 --> 00:25:08,640

started to get larger

694

00:25:12,870 --> 00:25:10,960

here in the united states after you know

695

00:25:14,149 --> 00:25:12,880

different events that have occurred over

696

00:25:16,310 --> 00:25:14,159

time

697

00:25:18,230 --> 00:25:16,320

um there's been kind of a disconnect

698

00:25:19,190 --> 00:25:18,240

where there's that misunderstanding and

699

00:25:21,269 --> 00:25:19,200

that's why

700

00:25:22,630 --> 00:25:21,279

i've put so much effort into trying to

701

00:25:24,149 --> 00:25:22,640

make that clarification

702

00:25:25,990 --> 00:25:24,159

that it is both because i've gotten into

703

00:25:28,950 --> 00:25:26,000

arguments with people on twitter

704

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

on my show in the in the live stream

705

00:25:32,390 --> 00:25:30,640

i've never seen you get an argument with

706

00:25:34,950 --> 00:25:32,400

somebody really you're so nice

707

00:25:36,470 --> 00:25:34,960

really i know i've never seen you that

708

00:25:37,029 --> 00:25:36,480

you're like well at least you handle it

709

00:25:38,710 --> 00:25:37,039

better than

710

00:25:39,990 --> 00:25:38,720

somebody like me because i get pissed

711

00:25:41,029 --> 00:25:40,000

and just start yelling and screaming and

712

00:25:44,230 --> 00:25:41,039

cursing at people

713

00:25:47,430 --> 00:25:44,240

i try not to wait for my show

714

00:25:51,830 --> 00:25:47,440

it's really bad i use my zen and then i

715

00:25:55,269 --> 00:25:53,269

you know one thing that i found

716

00:25:57,830 --> 00:25:55,279

interesting uh

717

00:25:58,710 --> 00:25:57,840

also is that in catholicism they will

718

00:26:01,430 --> 00:25:58,720

tell you

719

00:26:02,070 --> 00:26:01,440

that if you meditate that's sinful if

720

00:26:03,830 --> 00:26:02,080

you read

721

00:26:05,750 --> 00:26:03,840

about the buddha that's sinful because

722

00:26:08,950 --> 00:26:05,760

that's a false god

723

00:26:11,590 --> 00:26:08,960

and uh even yoga to them is sinful

724

00:26:13,350 --> 00:26:11,600

somehow yes i didn't even know that yeah

725

00:26:14,789 --> 00:26:13,360

like you're not allowed to do yoga if

726
00:26:15,350 --> 00:26:14,799
you're catholic because that could lead

727
00:26:17,909 --> 00:26:15,360
to you

728
00:26:18,710 --> 00:26:17,919
you know meditating and that would be

729
00:26:20,750 --> 00:26:18,720
terrible

730
00:26:22,149 --> 00:26:20,760
you know i don't know they're very

731
00:26:23,430 --> 00:26:22,159
authoritarianism

732
00:26:25,269 --> 00:26:23,440
and i know what i liked about the

733
00:26:26,470 --> 00:26:25,279
buddhists that i met i started going to

734
00:26:27,669 --> 00:26:26,480
the shambhala center

735
00:26:30,630 --> 00:26:27,679
around philadelphia where they have

736
00:26:33,909 --> 00:26:30,640
meditation classes and guest lectures

737
00:26:35,029 --> 00:26:33,919
is that everybody was like uh very

738
00:26:37,830 --> 00:26:35,039

welcoming and

739

00:26:39,750 --> 00:26:37,840

nobody was telling you what you can and

740

00:26:41,510 --> 00:26:39,760

can't think or can and can't do

741

00:26:43,269 --> 00:26:41,520

it's just like here's some teachings

742

00:26:45,110 --> 00:26:43,279

that may help your life

743

00:26:46,950 --> 00:26:45,120

and and meditation this is a pr

744

00:26:47,909 --> 00:26:46,960

spiritual practice which may enhance

745

00:26:50,149 --> 00:26:47,919

your life

746

00:26:52,870 --> 00:26:50,159

and we'll teach it to you and uh and the

747

00:26:54,789 --> 00:26:52,880

other thing i really loved is that they

748

00:26:56,310 --> 00:26:54,799

the financial end of it was like they

749

00:26:57,990 --> 00:26:56,320

put a box out

750

00:26:59,909 --> 00:26:58,000

with a slid in it and if you want to

751
00:27:01,430 --> 00:26:59,919
give them 20 bucks for the meditation

752
00:27:02,630 --> 00:27:01,440
class or whatever you feel like giving

753
00:27:04,950 --> 00:27:02,640
them you do

754
00:27:05,669 --> 00:27:04,960
and if you don't have any money nobody

755
00:27:07,590 --> 00:27:05,679
you know

756
00:27:08,710 --> 00:27:07,600
that catholics it's all about the

757
00:27:10,630 --> 00:27:08,720
benjamin's man

758
00:27:12,149 --> 00:27:10,640
it's like they give you they give you

759
00:27:14,470 --> 00:27:12,159
envelopes and then they put

760
00:27:16,310 --> 00:27:14,480
donations on it like twenty five dollars

761
00:27:18,389 --> 00:27:16,320
fifty dollars a hundred dollars and they

762
00:27:20,230 --> 00:27:18,399
actually expect you to at least put the

763
00:27:21,830 --> 00:27:20,240

you know whatever the minimum they say

764

00:27:25,029 --> 00:27:21,840

is every week

765

00:27:27,029 --> 00:27:25,039

yeah it's it's great it's a bracket

766

00:27:29,350 --> 00:27:27,039

you know and i thought i liked when i

767

00:27:31,750 --> 00:27:29,360

went there that it was like well

768

00:27:33,510 --> 00:27:31,760

look we're uh we're a charity we really

769

00:27:35,430 --> 00:27:33,520

are truly a charity so

770

00:27:36,870 --> 00:27:35,440

you know if you want to give us a couple

771

00:27:39,909 --> 00:27:36,880

of dollars to pay for this

772

00:27:42,549 --> 00:27:39,919

building this electric or whatever great

773

00:27:44,310 --> 00:27:42,559

but they were very clear in that if

774

00:27:47,510 --> 00:27:44,320

you're unemployed or a student

775

00:27:50,149 --> 00:27:47,520

or you're tight don't feel obligated and

776

00:27:53,510 --> 00:27:50,159

i was blown away i was like wow

777

00:27:56,470 --> 00:27:53,520

you know what a difference yeah yeah

778

00:27:57,510 --> 00:27:56,480

definitely i mean going to attack going

779

00:27:58,950 --> 00:27:57,520

to temples

780

00:28:01,110 --> 00:27:58,960

you know all my life the buddhist

781

00:28:03,590 --> 00:28:01,120

temples that's kind of how it is

782

00:28:04,149 --> 00:28:03,600

i mean they do have services um people

783

00:28:07,029 --> 00:28:04,159

don't

784

00:28:08,230 --> 00:28:07,039

and people go to the services but it's

785

00:28:12,389 --> 00:28:08,240

not

786

00:28:14,310 --> 00:28:12,399

just go to a temple and walk around and

787

00:28:16,630 --> 00:28:14,320

just kind of take in the sights and

788

00:28:18,470 --> 00:28:16,640

yeah i found one near my new house right

789

00:28:20,230 --> 00:28:18,480

before covert and i was so upset when

790

00:28:21,990 --> 00:28:20,240

cobra hit because i really want to

791

00:28:24,070 --> 00:28:22,000

get to know that place and the people

792

00:28:25,350 --> 00:28:24,080

there they were very inviting and they

793

00:28:28,630 --> 00:28:25,360

had this huge

794

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

huge library and the way it works if you

795

00:28:32,389 --> 00:28:30,240

remember there which was so

796

00:28:33,430 --> 00:28:32,399

cheap it's like 20 a year to be a member

797

00:28:34,870 --> 00:28:33,440

or something oh wow

798

00:28:36,149 --> 00:28:34,880

like if you're very interested in the

799

00:28:36,870 --> 00:28:36,159

books in the library they'll just give

800

00:28:38,149 --> 00:28:36,880

you a key

801
00:28:39,750 --> 00:28:38,159
and you know if you want to borrow books

802
00:28:40,549 --> 00:28:39,760
you write down and then you bring them

803
00:28:45,190 --> 00:28:40,559
back

804
00:28:47,590 --> 00:28:45,200
and uh but then coveted and here we are

805
00:28:48,630 --> 00:28:47,600
ten months later so i'm looking forward

806
00:28:50,549 --> 00:28:48,640
to this

807
00:28:52,389 --> 00:28:50,559
all ending so that i can visit that

808
00:28:55,990 --> 00:28:52,399
place and a few others around here

809
00:28:58,389 --> 00:28:56,000
there's also a hindu temple three miles

810
00:29:00,950 --> 00:28:58,399
from my house that's huge and beautiful

811
00:29:02,070 --> 00:29:00,960
that i just want to go check out i'm not

812
00:29:04,470 --> 00:29:02,080
sure how they're going to feel about

813
00:29:07,029 --> 00:29:04,480

that we'll see

814

00:29:08,230 --> 00:29:07,039

yeah it would be interesting so you grew

815

00:29:11,590 --> 00:29:08,240

up in these places

816

00:29:13,830 --> 00:29:11,600

in these tables right yes

817

00:29:15,510 --> 00:29:13,840

so i mean the way that it's set up is

818

00:29:16,389 --> 00:29:15,520

for donations like you're saying there's

819

00:29:19,269 --> 00:29:16,399

just a box

820

00:29:20,710 --> 00:29:19,279

sitting in the middle of the garden and

821

00:29:22,389 --> 00:29:20,720

you can put money in it

822

00:29:24,070 --> 00:29:22,399

or you don't have to it's not something

823

00:29:25,430 --> 00:29:24,080

that happens like at the service in

824

00:29:27,990 --> 00:29:25,440

front of everyone

825

00:29:28,789 --> 00:29:28,000

yeah we catholics we put that plate out

826

00:29:31,830 --> 00:29:28,799

you know yeah

827

00:29:32,470 --> 00:29:31,840

plate we have this basket and guys with

828

00:29:34,549 --> 00:29:32,480

sticks

829

00:29:35,990 --> 00:29:34,559

go down i'm telling you they go down the

830

00:29:37,669 --> 00:29:36,000

aisle and then everybody's looking

831

00:29:39,590 --> 00:29:37,679

around and don't you be one of them that

832

00:29:42,950 --> 00:29:39,600

doesn't put something in the basket you

833

00:29:46,950 --> 00:29:44,549

that's interesting though so just a box

834

00:29:49,830 --> 00:29:46,960

in the garden just walk from the garden

835

00:29:51,190 --> 00:29:49,840

and a lot of times they'll even feed you

836

00:29:54,630 --> 00:29:51,200

oh sure yeah

837

00:29:55,110 --> 00:29:54,640

yeah that's nice yeah no cook vegetarian

838

00:29:57,669 --> 00:29:55,120

food

839

00:29:58,870 --> 00:29:57,679

it's actually vegan to be honest they're

840

00:30:01,350 --> 00:29:58,880

more vegan right

841

00:30:02,870 --> 00:30:01,360

that's what that you can't even tell

842

00:30:04,310 --> 00:30:02,880

like it's so good you can't even tell

843

00:30:09,269 --> 00:30:04,320

that it's

844

00:30:12,870 --> 00:30:11,110

somebody gave me an impossible burger

845

00:30:14,630 --> 00:30:12,880

and i was like what's wrong with this

846

00:30:15,269 --> 00:30:14,640

burger something's not right this is not

847

00:30:18,470 --> 00:30:15,279

right

848

00:30:20,230 --> 00:30:18,480

to this like

849

00:30:22,470 --> 00:30:20,240

especially when they cook like asian

850

00:30:24,149 --> 00:30:22,480

food well yeah well asian food's got a

851
00:30:25,190 --> 00:30:24,159
lot of spices and stuff in it so maybe

852
00:30:27,029 --> 00:30:25,200
you wouldn't tell

853
00:30:28,470 --> 00:30:27,039
that's the so they're professionals like

854
00:30:29,990 --> 00:30:28,480
when you eat

855
00:30:32,630 --> 00:30:30,000
buddhist asian food they're

856
00:30:33,909 --> 00:30:32,640
professionals at making vegetarian food

857
00:30:35,669 --> 00:30:33,919
that tastes yeah so it's a different

858
00:30:37,750 --> 00:30:35,679
level it's a different level than

859
00:30:39,190 --> 00:30:37,760
my poultry vegetarianism which was like

860
00:30:40,389 --> 00:30:39,200
well i guess tonight we're having a

861
00:30:43,029 --> 00:30:40,399
salad and

862
00:30:45,510 --> 00:30:43,039
hot mixed vegetables correct vegetables

863
00:30:48,710 --> 00:30:45,520

you know that's not

864

00:30:50,389 --> 00:30:48,720

yes yeah so growing up in it i guess you

865

00:30:52,070 --> 00:30:50,399

got to see a lot of different temples

866

00:30:54,710 --> 00:30:52,080

and perspectives and things

867

00:30:55,510 --> 00:30:54,720

your mom was pretty active right yes i

868

00:30:56,950 --> 00:30:55,520

mean she

869

00:30:59,190 --> 00:30:56,960

has gone through periods where she's

870

00:31:01,029 --> 00:30:59,200

more active than not but yeah she's

871

00:31:04,230 --> 00:31:01,039

pretty active because the other thing is

872

00:31:07,509 --> 00:31:04,240

that when someone dies

873

00:31:09,830 --> 00:31:07,519

there's not a cemetery instead

874

00:31:11,750 --> 00:31:09,840

because the you're everyone's cremated

875

00:31:14,950 --> 00:31:11,760

you die you get cremated that's your

876

00:31:17,110 --> 00:31:14,960

that's the typical normal thing

877

00:31:17,990 --> 00:31:17,120

and what happens with your ashes is

878

00:31:19,430 --> 00:31:18,000

actually your family

879

00:31:21,669 --> 00:31:19,440

doesn't keep your ashes for the most

880

00:31:23,190 --> 00:31:21,679

part it's considered you can if they

881

00:31:26,630 --> 00:31:23,200

can't if they want to

882

00:31:28,789 --> 00:31:26,640

but it's considered much more typical to

883

00:31:30,389 --> 00:31:28,799

have the ashes stay at the temple where

884

00:31:32,230 --> 00:31:30,399

the people practice

885

00:31:34,149 --> 00:31:32,240

oh well that's interesting i never heard

886

00:31:36,389 --> 00:31:34,159

that before so they'll have like

887

00:31:38,230 --> 00:31:36,399

a shed or like a room dedicated it'll

888

00:31:41,830 --> 00:31:38,240

just be full of urns

889

00:31:44,310 --> 00:31:41,840

wow so um and then that's why a lot of

890

00:31:46,310 --> 00:31:44,320

people go to the temple

891

00:31:47,990 --> 00:31:46,320

frequently is to go visit their family

892

00:31:49,350 --> 00:31:48,000

pray do things like that for their

893

00:31:51,190 --> 00:31:49,360

families yeah

894

00:31:52,470 --> 00:31:51,200

that's where their ancestors are you can

895

00:31:53,990 --> 00:31:52,480

have them at home but

896

00:31:55,190 --> 00:31:54,000

it's easier to just keep in mind yeah i

897

00:31:56,149 --> 00:31:55,200

don't know i always thought that was

898

00:31:59,269 --> 00:31:56,159

crazy like

899

00:32:02,310 --> 00:31:59,279

uh my mother died and we had her dog's

900

00:32:04,070 --> 00:32:02,320

ashes in my house and when she died i

901
00:32:05,750 --> 00:32:04,080
asked the funeral director like can you

902
00:32:06,310 --> 00:32:05,760
put these ashes in there with her

903
00:32:07,669 --> 00:32:06,320
because i

904
00:32:09,590 --> 00:32:07,679
you know look i don't want to just have

905
00:32:11,029 --> 00:32:09,600
her dog's ashes forever and now you

906
00:32:14,549 --> 00:32:11,039
don't want to throw them out

907
00:32:16,470 --> 00:32:14,559
so yeah that's interesting

908
00:32:19,029 --> 00:32:16,480
very interesting i've told a lot of

909
00:32:21,430 --> 00:32:19,039
people specifically the other thing

910
00:32:22,070 --> 00:32:21,440
and this is with regards to buddhism but

911
00:32:23,750 --> 00:32:22,080
it's a little bit

912
00:32:27,430 --> 00:32:23,760
slightly off tangent but also tell you

913
00:32:29,350 --> 00:32:27,440

that if you go to a buddhist funeral

914

00:32:31,190 --> 00:32:29,360

the other thing is is that the cremation

915

00:32:33,269 --> 00:32:31,200

happens at the end of the funeral

916

00:32:35,669 --> 00:32:33,279

which is three days you typically have

917

00:32:38,389 --> 00:32:35,679

an average of three day funeral

918

00:32:40,470 --> 00:32:38,399

on the third day there's like this march

919

00:32:43,190 --> 00:32:40,480

a funeral march

920

00:32:44,710 --> 00:32:43,200

from where the body is on display

921

00:32:45,830 --> 00:32:44,720

because the family's been mourning for

922

00:32:49,190 --> 00:32:45,840

three days openly

923

00:32:51,269 --> 00:32:49,200

in whatever room it is that they're in

924

00:32:53,029 --> 00:32:51,279

then there's a march from that room to

925

00:32:55,590 --> 00:32:53,039

the crematorium

926
00:32:56,149 --> 00:32:55,600
oh i've never heard this and then the

927
00:32:59,029 --> 00:32:56,159
immediate

928
00:33:00,710 --> 00:32:59,039
family actually is there while they load

929
00:33:03,909 --> 00:33:00,720
the body into

930
00:33:06,310 --> 00:33:03,919
the creamy the cremation oven basically

931
00:33:07,669 --> 00:33:06,320
and it's up to you as the family when

932
00:33:09,350 --> 00:33:07,679
you're ready you push the button and

933
00:33:12,710 --> 00:33:09,360
turn it on

934
00:33:14,630 --> 00:33:12,720
wow so that's definitely

935
00:33:16,149 --> 00:33:14,640
different than a normal american or

936
00:33:18,070 --> 00:33:16,159
christian burial which is

937
00:33:19,830 --> 00:33:18,080
correct but you are getting a lot of

938
00:33:20,470 --> 00:33:19,840

closure because you're literally the one

939

00:33:23,669 --> 00:33:20,480

that's saying

940

00:33:25,669 --> 00:33:23,679

okay i'm ready

941

00:33:27,269 --> 00:33:25,679

here we go it's also traumatic a little

942

00:33:28,870 --> 00:33:27,279

bit if you think about it because yeah i

943

00:33:30,230 --> 00:33:28,880

think that's the most traumatic

944

00:33:32,070 --> 00:33:30,240

from the funerals that i've attended

945

00:33:32,630 --> 00:33:32,080

which most of them are christian or you

946

00:33:35,430 --> 00:33:32,640

know

947

00:33:37,110 --> 00:33:35,440

typical western sort of funerals that

948

00:33:38,470 --> 00:33:37,120

that seems to be the traumatic part of

949

00:33:40,950 --> 00:33:38,480

closing the casket

950

00:33:42,070 --> 00:33:40,960

you know because right when you know

951
00:33:43,350 --> 00:33:42,080
you're going to close the casket and

952
00:33:44,549 --> 00:33:43,360
they're going to go be buried in the

953
00:33:45,590 --> 00:33:44,559
ground now

954
00:33:47,830 --> 00:33:45,600
that's the last time that you're going

955
00:33:49,269 --> 00:33:47,840
to see them both my parents it was

956
00:33:52,549 --> 00:33:49,279
traumatic for me that

957
00:33:55,269 --> 00:33:52,559
that last sort of moment you know

958
00:33:56,870 --> 00:33:55,279
yeah so i guess those guys have three

959
00:33:59,590 --> 00:33:56,880
days of mourning though which is

960
00:34:00,950 --> 00:33:59,600
uh funeral which is good too because it

961
00:34:02,710 --> 00:34:00,960
gives more people a chance to come and

962
00:34:03,669 --> 00:34:02,720
pay their respects i guess we have one

963
00:34:05,430 --> 00:34:03,679

day

964

00:34:06,789 --> 00:34:05,440

and we have a viewing on the night

965

00:34:08,629 --> 00:34:06,799

before

966

00:34:09,829 --> 00:34:08,639

and then we have the funeral the next

967

00:34:13,109 --> 00:34:09,839

day yeah

968

00:34:15,190 --> 00:34:13,119

so this is like you have

969

00:34:16,790 --> 00:34:15,200

the view basically it's kind of two days

970

00:34:19,510 --> 00:34:16,800

of open viewing

971

00:34:19,990 --> 00:34:19,520

where the immediate family is there um

972

00:34:21,750 --> 00:34:20,000

and then

973

00:34:24,389 --> 00:34:21,760

people will come and go people that want

974

00:34:25,990 --> 00:34:24,399

to be there will stay there

975

00:34:27,430 --> 00:34:26,000

and then you'll do that for three days

976
00:34:29,109 --> 00:34:27,440
where you'll talk and then there'll be

977
00:34:30,470 --> 00:34:29,119
moments where the monk

978
00:34:32,470 --> 00:34:30,480
will be like little ceremonies there'll

979
00:34:33,909 --> 00:34:32,480
be tea ceremonies and everything

980
00:34:35,510 --> 00:34:33,919
so there's things that happen throughout

981
00:34:37,510 --> 00:34:35,520
those days but yeah it's a

982
00:34:39,109 --> 00:34:37,520
whole three-day process that culminates

983
00:34:41,349 --> 00:34:39,119
in

984
00:34:43,349 --> 00:34:41,359
a march of three people at the front

985
00:34:44,950 --> 00:34:43,359
which are representing the altar so one

986
00:34:46,069 --> 00:34:44,960
person is holding incense one person is

987
00:34:48,950 --> 00:34:46,079
holding

988
00:34:49,750 --> 00:34:48,960

because that's usually what's on an

989

00:34:52,550 --> 00:34:49,760

altar

990

00:34:53,109 --> 00:34:52,560

they need basically this march uh it's

991

00:34:54,550 --> 00:34:53,119

them

992

00:34:56,869 --> 00:34:54,560

and then it's the monks and then it's

993

00:34:58,550 --> 00:34:56,879

the body and then it's all the family

994

00:35:00,310 --> 00:34:58,560

following and in this procession that

995

00:35:02,310 --> 00:35:00,320

kind of happens

996

00:35:04,630 --> 00:35:02,320

so yeah i don't think that i've ever

997

00:35:05,270 --> 00:35:04,640

seen a than a buddhist funeral but i've

998

00:35:07,109 --> 00:35:05,280

been to

999

00:35:08,710 --> 00:35:07,119

a memorial service for somebody that was

1000

00:35:11,030 --> 00:35:08,720

sort of like me like a

1001
00:35:12,069 --> 00:35:11,040
self-practicing buddhist yeah and they

1002
00:35:14,310 --> 00:35:12,079
had uh

1003
00:35:17,190 --> 00:35:14,320
for him he was christian also so for him

1004
00:35:19,670 --> 00:35:17,200
they had like statues of the buddha

1005
00:35:22,069 --> 00:35:19,680
around his picture and statues of jesus

1006
00:35:25,190 --> 00:35:22,079
and mary and that sort of thing

1007
00:35:26,069 --> 00:35:25,200
so back to the deity situation though i

1008
00:35:29,510 --> 00:35:26,079
had

1009
00:35:31,510 --> 00:35:29,520
dealing with

1010
00:35:33,349 --> 00:35:31,520
i guess it's just like for 20 years

1011
00:35:35,109 --> 00:35:33,359
hearing about the one true god

1012
00:35:37,589 --> 00:35:35,119
even though catholicism doesn't make any

1013
00:35:38,630 --> 00:35:37,599

sense because it says we worship one god

1014

00:35:40,390 --> 00:35:38,640

but then we have

1015

00:35:41,990 --> 00:35:40,400

god the father god the son god the holy

1016

00:35:43,349 --> 00:35:42,000

spirit and we're just told it's a

1017

00:35:45,990 --> 00:35:43,359

mystery and you know

1018

00:35:46,550 --> 00:35:46,000

you don't get to know about it you know

1019

00:35:48,790 --> 00:35:46,560

but

1020

00:35:50,069 --> 00:35:48,800

my whole belief system was based on

1021

00:35:51,990 --> 00:35:50,079

there was this one

1022

00:35:54,470 --> 00:35:52,000

true god and he created it we touched on

1023

00:35:57,190 --> 00:35:54,480

that that may be source and those

1024

00:35:58,550 --> 00:35:57,200

that that's a good way to explain it but

1025

00:36:00,950 --> 00:35:58,560

there are

1026
00:36:02,069 --> 00:36:00,960
higher spiritual beings to buddhists

1027
00:36:04,470 --> 00:36:02,079
than humans right

1028
00:36:06,150 --> 00:36:04,480
like for example in christianity we have

1029
00:36:07,190 --> 00:36:06,160
the the humans and then we would have

1030
00:36:09,589 --> 00:36:07,200
like angels

1031
00:36:11,510 --> 00:36:09,599
spirits and angels and saints which

1032
00:36:14,310 --> 00:36:11,520
would be higher spiritual beings

1033
00:36:15,910 --> 00:36:14,320
sort of in between god and man but

1034
00:36:19,270 --> 00:36:15,920
buddhism has

1035
00:36:23,109 --> 00:36:19,280
similar uh deities that are sort of

1036
00:36:26,150 --> 00:36:23,119
between god and man right yes

1037
00:36:26,550 --> 00:36:26,160
so when you look at buddha when you say

1038
00:36:30,470 --> 00:36:26,560

oh

1039

00:36:33,829 --> 00:36:30,480

this is buddha there have been seven

1040

00:36:35,510 --> 00:36:33,839

buddhas that are confirmed right

1041

00:36:36,950 --> 00:36:35,520

the seventh being gautama buddha which

1042

00:36:40,470 --> 00:36:36,960

is the one we talk about when i say oh

1043

00:36:41,990 --> 00:36:40,480

buddha was born as a prince in india

1044

00:36:43,750 --> 00:36:42,000

but there were six before him and

1045

00:36:46,390 --> 00:36:43,760

there's supposed to be a new one

1046

00:36:48,710 --> 00:36:46,400

maitre buddha who may be here or maybe

1047

00:36:50,550 --> 00:36:48,720

he's coming is unclear

1048

00:36:52,069 --> 00:36:50,560

um so there's kind of like christ a lot

1049

00:36:55,030 --> 00:36:52,079

of people think he's already come

1050

00:36:56,870 --> 00:36:55,040

you know if 2020 is any indicator of the

1051
00:36:59,190 --> 00:36:56,880
apocalypse

1052
00:37:00,470 --> 00:36:59,200
it might be here alright no it's truly

1053
00:37:01,910 --> 00:37:00,480
like a lot of christians believe that

1054
00:37:02,550 --> 00:37:01,920
he's already incarnated he's already

1055
00:37:04,550 --> 00:37:02,560
been born

1056
00:37:05,990 --> 00:37:04,560
you know i believe my answer is already

1057
00:37:07,190 --> 00:37:06,000
here and there's been people that have

1058
00:37:09,349 --> 00:37:07,200
taken pictures and like this guy is the

1059
00:37:12,870 --> 00:37:09,359
guy

1060
00:37:15,030 --> 00:37:12,880
that's interesting i don't know but um

1061
00:37:17,190 --> 00:37:15,040
but yeah i mean so there's the whole

1062
00:37:20,390 --> 00:37:17,200
idea of buddha there's also

1063
00:37:24,230 --> 00:37:20,400

amitabha buddha which specifically goes

1064

00:37:26,550 --> 00:37:24,240

he's kind of like a celestial or

1065

00:37:27,990 --> 00:37:26,560

universal buddha is a way to put it so

1066

00:37:30,150 --> 00:37:28,000

he when you say buddha that's not

1067

00:37:33,190 --> 00:37:30,160

usually who you're talking about

1068

00:37:34,630 --> 00:37:33,200

um amitabha i would put more as kind of

1069

00:37:37,589 --> 00:37:34,640

like this

1070

00:37:38,470 --> 00:37:37,599

it's not source but it's kind of like an

1071

00:37:43,510 --> 00:37:38,480

idea of

1072

00:37:47,270 --> 00:37:46,550

someone to bridge the gap because it's

1073

00:37:49,430 --> 00:37:47,280

gone

1074

00:37:51,030 --> 00:37:49,440

we're waiting for a myetra so who's you

1075

00:37:51,829 --> 00:37:51,040

know kind of watching things to make

1076

00:37:55,109 --> 00:37:51,839

sure we're not

1077

00:37:55,670 --> 00:37:55,119

totally blowing it and that would be him

1078

00:37:57,109 --> 00:37:55,680

yeah

1079

00:37:58,870 --> 00:37:57,119

it would be him which i mean we kind of

1080

00:37:59,670 --> 00:37:58,880

still are blowing it but what what can

1081

00:38:01,750 --> 00:37:59,680

he do he's

1082

00:38:08,950 --> 00:38:01,760

you know got a whole universe to look

1083

00:38:13,670 --> 00:38:11,750

especially if somebody is like thinking

1084

00:38:14,950 --> 00:38:13,680

of god in a selfish way like god why

1085

00:38:16,390 --> 00:38:14,960

can't i make more money

1086

00:38:18,630 --> 00:38:16,400

you know i'm struggling or whatever i

1087

00:38:19,190 --> 00:38:18,640

just think like dude's probably pretty

1088

00:38:21,910 --> 00:38:19,200

busy

1089

00:38:23,109 --> 00:38:21,920

you know and people but people believe

1090

00:38:25,109 --> 00:38:23,119

that they

1091

00:38:26,470 --> 00:38:25,119

they're little yeah that well i guess if

1092

00:38:29,990 --> 00:38:26,480

you're omniscient and

1093

00:38:33,030 --> 00:38:30,000

and then you could you could yeah

1094

00:38:34,790 --> 00:38:33,040

yeah this this stuff breaks my brain

1095

00:38:36,710 --> 00:38:34,800

i know me too no i'm with you i'm

1096

00:38:39,990 --> 00:38:36,720

totally with you on that

1097

00:38:42,630 --> 00:38:40,000

okay so we have seven different buddhas

1098

00:38:45,190 --> 00:38:42,640

that have come and it's theoretically

1099

00:38:46,710 --> 00:38:45,200

saying it's the same person

1100

00:38:48,870 --> 00:38:46,720

because you're reincarnating right so

1101

00:38:51,190 --> 00:38:48,880

buddha's reincarnated seven times

1102

00:38:52,550 --> 00:38:51,200

it's the same core soul but it's a

1103

00:38:55,430 --> 00:38:52,560

different person

1104

00:38:55,910 --> 00:38:55,440

i guess but when you're talking about

1105

00:38:58,550 --> 00:38:55,920

different

1106

00:38:59,910 --> 00:38:58,560

deities there's also the idea so there's

1107

00:39:00,950 --> 00:38:59,920

two different things going on at the

1108

00:39:03,270 --> 00:39:00,960

same time one

1109

00:39:04,069 --> 00:39:03,280

there's a whole idea of bodhisattvas

1110

00:39:10,390 --> 00:39:04,079

which

1111

00:39:12,630 --> 00:39:10,400

in their veda and mahayana buddhism but

1112

00:39:14,710 --> 00:39:12,640

in theravada the idea is that

1113

00:39:16,310 --> 00:39:14,720

there can only be one bodhisattva at a

1114

00:39:18,710 --> 00:39:16,320

time

1115

00:39:20,069 --> 00:39:18,720

and that bodhisattva has to live all

1116

00:39:23,349 --> 00:39:20,079

their lives

1117

00:39:24,950 --> 00:39:23,359

exit um suffering and living

1118

00:39:26,710 --> 00:39:24,960

and then basically go to source and then

1119

00:39:29,030 --> 00:39:26,720

the next bodhisattva can exist and that

1120

00:39:30,950 --> 00:39:29,040

that's what buddha was doing

1121

00:39:32,870 --> 00:39:30,960

all seven of those lives he was reaching

1122

00:39:34,150 --> 00:39:32,880

that point he reached it at number seven

1123

00:39:35,349 --> 00:39:34,160

and then now he's gone and now we have

1124

00:39:37,750 --> 00:39:35,359

to wait for another one

1125

00:39:38,950 --> 00:39:37,760

that's the idea of theravada in mahayana

1126

00:39:40,390 --> 00:39:38,960

which is the greater vehicle

1127

00:39:42,550 --> 00:39:40,400

and this is why it's called the greater

1128

00:39:44,870 --> 00:39:42,560

vehicle more people practice it but also

1129

00:39:45,670 --> 00:39:44,880

it's more open to people it's not one

1130

00:39:48,950 --> 00:39:45,680

guy does it

1131

00:39:50,710 --> 00:39:48,960

you do your best until it's your turn

1132

00:39:52,390 --> 00:39:50,720

it's this other guy's turn first that's

1133

00:39:54,710 --> 00:39:52,400

kind of their game mahayana

1134

00:39:56,950 --> 00:39:54,720

is it's more inclusive yeah we're all in

1135

00:40:00,310 --> 00:39:56,960

this together

1136

00:40:01,270 --> 00:40:00,320

um so if you live a perfect life and do

1137

00:40:03,109 --> 00:40:01,280

great

1138

00:40:05,030 --> 00:40:03,119

your goal actually isn't to escape

1139

00:40:09,510 --> 00:40:05,040

suffering by yourself

1140

00:40:11,270 --> 00:40:09,520

your goal is as a bodhisattva is to stay

1141

00:40:13,190 --> 00:40:11,280

and to help as many other people as

1142

00:40:14,150 --> 00:40:13,200

possible so that everyone together can

1143

00:40:15,510 --> 00:40:14,160

exit suffering

1144

00:40:17,349 --> 00:40:15,520

so you're looking at the greater good

1145

00:40:19,030 --> 00:40:17,359

rather than individual

1146

00:40:20,470 --> 00:40:19,040

salvation that makes sense and that

1147

00:40:22,710 --> 00:40:20,480

seems to be a good

1148

00:40:24,870 --> 00:40:22,720

sort of uh spiritual belief to worry

1149

00:40:26,390 --> 00:40:24,880

more or to worry about others

1150

00:40:28,069 --> 00:40:26,400

and not be selfish and only worry about

1151

00:40:31,030 --> 00:40:28,079

your own suffering you know

1152

00:40:32,069 --> 00:40:31,040

correct you know i i had a friend who uh

1153

00:40:35,270 --> 00:40:32,079

who lost uh

1154

00:40:37,190 --> 00:40:35,280

who lost his wife and uh he was in a

1155

00:40:40,069 --> 00:40:37,200

tremendous amount of suffering and he

1156

00:40:43,109 --> 00:40:40,079

went and worked at a soup kitchen

1157

00:40:44,150 --> 00:40:43,119

for a year and that's how he dealt with

1158

00:40:47,190 --> 00:40:44,160

his

1159

00:40:49,270 --> 00:40:47,200

situation because it helped him to see

1160

00:40:50,630 --> 00:40:49,280

that like okay i lost this loved one but

1161

00:40:51,750 --> 00:40:50,640

there's other people that are suffering

1162

00:40:54,950 --> 00:40:51,760

more than me

1163

00:40:55,270 --> 00:40:54,960

and i'll go help them you know so it's

1164

00:40:59,030 --> 00:40:55,280

good

1165

00:41:01,270 --> 00:40:59,040

if you're suffering yourself help

1166

00:41:03,270 --> 00:41:01,280

others who are also suffering right it's

1167

00:41:06,230 --> 00:41:03,280

a good philosophy i think

1168

00:41:08,069 --> 00:41:06,240

it is it definitely is and when you look

1169

00:41:08,950 --> 00:41:08,079

at these different bodhisattvas some

1170

00:41:11,109 --> 00:41:08,960

there are some that are

1171

00:41:12,470 --> 00:41:11,119

way more well-known than others or some

1172

00:41:14,470 --> 00:41:12,480

that barely anybody knows

1173

00:41:15,829 --> 00:41:14,480

like you know because there's hundreds

1174

00:41:17,750 --> 00:41:15,839

of thousands of them

1175

00:41:19,270 --> 00:41:17,760

but really i'm sure there's quite a list

1176

00:41:20,950 --> 00:41:19,280

right and people have been writing them

1177

00:41:22,710 --> 00:41:20,960

down and

1178

00:41:24,550 --> 00:41:22,720

yes to for the people that have reached

1179

00:41:25,990 --> 00:41:24,560

that level the one that's probably i

1180

00:41:27,670 --> 00:41:26,000

would say the most well known or at

1181

00:41:29,589 --> 00:41:27,680

least the one i make sure is the most

1182

00:41:32,390 --> 00:41:29,599

well known

1183

00:41:34,710 --> 00:41:32,400

um would be kuan yin she's to me is the

1184

00:41:37,030 --> 00:41:34,720

epitome of a bodhisattva

1185

00:41:39,270 --> 00:41:37,040

can you tell us some more about her so

1186

00:41:41,750 --> 00:41:39,280

if you look at this from a christian or

1187

00:41:43,990 --> 00:41:41,760

actually more specifically from a

1188

00:41:46,950 --> 00:41:44,000

catholic point of view

1189

00:41:48,630 --> 00:41:46,960

within buddhism as a religion kuan yin

1190

00:41:49,990 --> 00:41:48,640

plays that same type of role as mother

1191

00:41:52,230 --> 00:41:50,000

mary

1192

00:41:53,910 --> 00:41:52,240

to be to grant like this mercy and to

1193

00:41:55,750 --> 00:41:53,920

kind of help people like that whole idea

1194

00:41:57,910 --> 00:41:55,760

people pray specifically to her

1195

00:41:59,109 --> 00:41:57,920

i pray probably to her more than i pray

1196

00:42:00,550 --> 00:41:59,119

to buddha when you're looking at

1197

00:42:02,550 --> 00:42:00,560

buddhism

1198

00:42:04,150 --> 00:42:02,560

and that's perfectly permissible right

1199

00:42:07,270 --> 00:42:04,160

and it's perfectly permissible

1200

00:42:08,069 --> 00:42:07,280

now see in catholicism we have prayers

1201
00:42:09,589 --> 00:42:08,079
to marry

1202
00:42:11,349 --> 00:42:09,599
obviously we have like the hail mary and

1203
00:42:12,390 --> 00:42:11,359
we have the rosary which is specifically

1204
00:42:15,349 --> 00:42:12,400
dedicated

1205
00:42:15,990 --> 00:42:15,359
but the priests always warn you that you

1206
00:42:18,390 --> 00:42:16,000
have to pray

1207
00:42:20,390 --> 00:42:18,400
to god or jesus twice as much as you

1208
00:42:21,190 --> 00:42:20,400
pray to mary so if you pray to mary for

1209
00:42:23,270 --> 00:42:21,200
an hour

1210
00:42:24,309 --> 00:42:23,280
that's okay but then you have to pray to

1211
00:42:26,870 --> 00:42:24,319
god

1212
00:42:27,829 --> 00:42:26,880
the father or the son or the holy spirit

1213
00:42:29,829 --> 00:42:27,839

for two hours

1214

00:42:31,030 --> 00:42:29,839

like they're very clear in that because

1215

00:42:34,470 --> 00:42:31,040

they don't want

1216

00:42:36,069 --> 00:42:34,480

her to take more attention

1217

00:42:38,069 --> 00:42:36,079

you know but maybe this is just male

1218

00:42:39,670 --> 00:42:38,079

centric perspective

1219

00:42:42,069 --> 00:42:39,680

right like they don't like the girl

1220

00:42:43,670 --> 00:42:42,079

getting all the attention

1221

00:42:45,190 --> 00:42:43,680

it could be a piece of that because with

1222

00:42:48,069 --> 00:42:45,200

christianity there's a lot of

1223

00:42:49,670 --> 00:42:48,079

patriarchal kind of things built into it

1224

00:42:52,390 --> 00:42:49,680

i mean buddhism has some of that

1225

00:42:54,150 --> 00:42:52,400

there in fact there are people there are

1226

00:42:55,829 --> 00:42:54,160

some lines

1227

00:42:58,550 --> 00:42:55,839

or quotes from the buddha specifically

1228

00:43:00,470 --> 00:42:58,560

saying that a woman can't do it

1229

00:43:01,829 --> 00:43:00,480

well that's interesting how do modern

1230

00:43:04,950 --> 00:43:01,839

feminists feel about that

1231

00:43:06,870 --> 00:43:04,960

portion of judaism but then you look at

1232

00:43:08,630 --> 00:43:06,880

and so that's why they're then that

1233

00:43:09,910 --> 00:43:08,640

calls more under theravada where that's

1234

00:43:12,390 --> 00:43:09,920

been said because remember they're the

1235

00:43:14,230 --> 00:43:12,400

ones that are following what would be

1236

00:43:15,030 --> 00:43:14,240

considered the literal word of buddha or

1237

00:43:17,190 --> 00:43:15,040

word of god

1238

00:43:18,069 --> 00:43:17,200

right does that make sense but in

1239

00:43:19,829 --> 00:43:18,079

mahayana

1240

00:43:21,270 --> 00:43:19,839

you have the more flexibility you have

1241

00:43:23,589 --> 00:43:21,280

that opening so there's not that

1242

00:43:25,109 --> 00:43:23,599

limitation on women

1243

00:43:27,349 --> 00:43:25,119

um so that helps too and there's

1244

00:43:28,950 --> 00:43:27,359

actually female monks i've known female

1245

00:43:30,710 --> 00:43:28,960

monks they shaved their oh yeah

1246

00:43:32,069 --> 00:43:30,720

i've seen a female monk get a lecture

1247

00:43:35,109 --> 00:43:32,079

and she had a shaved head and that

1248

00:43:36,790 --> 00:43:35,119

sort of uh i don't know it's just that

1249

00:43:38,550 --> 00:43:36,800

that was the first one that i saw and

1250

00:43:39,190 --> 00:43:38,560

then i got i got to know that there's

1251

00:43:42,230 --> 00:43:39,200

many

1252

00:43:43,670 --> 00:43:42,240

it's not it's not a uncommon but i was

1253

00:43:45,510 --> 00:43:43,680

surprised coming from a catholic

1254

00:43:48,150 --> 00:43:45,520

background where like

1255

00:43:50,309 --> 00:43:48,160

the uh all the clergy are male i mean we

1256

00:43:51,430 --> 00:43:50,319

have nuns but the nuns really are like

1257

00:43:53,430 --> 00:43:51,440

the servitors

1258

00:43:55,589 --> 00:43:53,440

of the men you know what i mean like

1259

00:43:56,150 --> 00:43:55,599

they they live across the street from

1260

00:43:59,430 --> 00:43:56,160

each other

1261

00:44:01,030 --> 00:43:59,440

in a convent and the priest's house but

1262

00:44:03,030 --> 00:44:01,040

but the nuns will go clean the priest's

1263

00:44:06,870 --> 00:44:03,040

house and make them dinner and

1264

00:44:10,550 --> 00:44:06,880

run the school for the priests you know

1265

00:44:14,069 --> 00:44:10,560

they're really more of a servitor lesser

1266

00:44:17,670 --> 00:44:15,829

so yeah when you get into mahayana

1267

00:44:20,390 --> 00:44:17,680

specifically

1268

00:44:21,190 --> 00:44:20,400

there's much more flexibility um there

1269

00:44:23,510 --> 00:44:21,200

are female

1270

00:44:24,630 --> 00:44:23,520

nuns and female monks and they'll

1271

00:44:26,710 --> 00:44:24,640

they'll do

1272

00:44:27,910 --> 00:44:26,720

you know in fact when i officially

1273

00:44:30,230 --> 00:44:27,920

became buddhist

1274

00:44:31,750 --> 00:44:30,240

like i was if you can be baptized

1275

00:44:33,109 --> 00:44:31,760

buddhist is that equivalent of being

1276

00:44:35,109 --> 00:44:33,119

baptized as buddhist

1277

00:44:36,870 --> 00:44:35,119

it was a female monk that taught the

1278

00:44:38,230 --> 00:44:36,880

classes that you kind of go through

1279

00:44:40,790 --> 00:44:38,240

for what you would consider like

1280

00:44:43,349 --> 00:44:40,800

confirmation interesting

1281

00:44:44,950 --> 00:44:43,359

so yeah so yeah and she spoke really

1282

00:44:46,230 --> 00:44:44,960

good english because remember

1283

00:44:49,510 --> 00:44:46,240

a lot of the things i'm going toward

1284

00:44:52,390 --> 00:44:49,520

vietnamese oh sure yeah

1285

00:44:53,109 --> 00:44:52,400

um but back to the deity conversation

1286

00:44:54,470 --> 00:44:53,119

because i just

1287

00:44:56,550 --> 00:44:54,480

there was another point i wanted to make

1288

00:44:59,030 --> 00:44:56,560

before we get too far from it yeah

1289

00:45:01,430 --> 00:44:59,040

yeah this is a lot to cover so i should

1290

00:45:03,990 --> 00:45:01,440

have had better like bullet notes or uh

1291

00:45:04,630 --> 00:45:04,000

i'm sorry oh no you're fine i know that

1292

00:45:06,150 --> 00:45:04,640

it's a lot

1293

00:45:08,069 --> 00:45:06,160

so i know we're jumping all over the

1294

00:45:09,510 --> 00:45:08,079

place and that's my fault because i keep

1295

00:45:12,150 --> 00:45:09,520

having these things come up

1296

00:45:13,430 --> 00:45:12,160

but uh yeah yeah no it's quite right so

1297

00:45:14,950 --> 00:45:13,440

back to the deities

1298

00:45:17,190 --> 00:45:14,960

so another reason there are so many

1299

00:45:19,030 --> 00:45:17,200

deities quote unquote or like

1300

00:45:21,349 --> 00:45:19,040

bodhisattvas or saints or whatever you

1301

00:45:24,309 --> 00:45:21,359

want to put in that line

1302

00:45:26,550 --> 00:45:24,319

because buddhism also practices

1303

00:45:30,470 --> 00:45:26,560

religious syncretism

1304

00:45:32,710 --> 00:45:30,480

where in order to kind of

1305

00:45:33,589 --> 00:45:32,720

grow in an area the only way that a

1306

00:45:37,109 --> 00:45:33,599

religion can

1307

00:45:40,150 --> 00:45:37,119

grow in a good way in an area

1308

00:45:41,829 --> 00:45:40,160

without you know bloodshed and things

1309

00:45:45,270 --> 00:45:41,839

like that

1310

00:45:48,390 --> 00:45:45,280

is if they also kind of take on

1311

00:45:49,030 --> 00:45:48,400

local customs oh include local yeah yeah

1312

00:45:51,349 --> 00:45:49,040

so we're

1313

00:45:52,710 --> 00:45:51,359

so that's why in buddhism not all

1314

00:45:53,910 --> 00:45:52,720

buddhists do this but if you look at

1315

00:45:56,630 --> 00:45:53,920

buddhists that are from

1316

00:45:57,510 --> 00:45:56,640

areas of vietnam and from china you'll

1317

00:45:59,430 --> 00:45:57,520

see they practice

1318

00:46:00,710 --> 00:45:59,440

ancestor worship because that comes from

1319

00:46:03,030 --> 00:46:00,720

taoism

1320

00:46:05,030 --> 00:46:03,040

okay um so when they came into that area

1321

00:46:07,270 --> 00:46:05,040

that just became part of buddhism

1322

00:46:08,870 --> 00:46:07,280

that's why people say oh look it's

1323

00:46:12,790 --> 00:46:08,880

buddha and you see like the

1324

00:46:14,790 --> 00:46:12,800

fat happy buddha that's buddha

1325

00:46:16,470 --> 00:46:14,800

that's a chinese that's actually another

1326

00:46:17,829 --> 00:46:16,480

taoist chinese god

1327

00:46:19,910 --> 00:46:17,839

interesting it's interesting that you

1328

00:46:22,630 --> 00:46:19,920

say that because i like buddhist

1329

00:46:24,630 --> 00:46:22,640

statues but i like the indian thinner

1330

00:46:27,030 --> 00:46:24,640

version i've never liked the big fat

1331

00:46:28,150 --> 00:46:27,040

happy so that's it didn't seem authentic

1332

00:46:31,270 --> 00:46:28,160

to me because

1333

00:46:34,309 --> 00:46:31,280

buddha was indian right

1334

00:46:37,589 --> 00:46:34,319

so to make him a fat happy chinese guy

1335

00:46:38,950 --> 00:46:37,599

as an idol seemed wrong no really

1336

00:46:41,910 --> 00:46:38,960

all the buddhas that i have are the

1337

00:46:42,950 --> 00:46:41,920

indian kind and that's actually having a

1338

00:46:45,349 --> 00:46:42,960

buddha statue

1339

00:46:46,950 --> 00:46:45,359

when people have like the little fat

1340

00:46:48,790 --> 00:46:46,960

happy happy buddha

1341

00:46:49,990 --> 00:46:48,800

so to speak that's not buddha that's

1342

00:46:51,750 --> 00:46:50,000

just a

1343

00:46:53,109 --> 00:46:51,760

god no still to this day i don't know

1344

00:46:54,550 --> 00:46:53,119

why but every time i'm in a chinese

1345

00:46:55,430 --> 00:46:54,560

restaurant where they have a huge one i

1346

00:46:56,950 --> 00:46:55,440

rub his belly

1347

00:46:58,230 --> 00:46:56,960

i don't know why but a chinese person

1348

00:47:00,550 --> 00:46:58,240

told me that's good luck so every time

1349

00:47:03,670 --> 00:47:00,560

i'm in a chinese food place

1350

00:47:05,430 --> 00:47:03,680

you gotta rub the fat boo to belly

1351
00:47:07,190 --> 00:47:05,440
or you can give him a dollar he'll take

1352
00:47:09,349 --> 00:47:07,200
either one

1353
00:47:10,230 --> 00:47:09,359
yeah i guess that works so that's

1354
00:47:12,150 --> 00:47:10,240
interesting because

1355
00:47:13,910 --> 00:47:12,160
catholicism did the same sort of thing i

1356
00:47:17,030 --> 00:47:13,920
mean that's where like that's where like

1357
00:47:18,950 --> 00:47:17,040
voodoo came from the the uh voodoo

1358
00:47:21,430 --> 00:47:18,960
practitioners started using the saints

1359
00:47:23,270 --> 00:47:21,440
that would represent their gods

1360
00:47:25,589 --> 00:47:23,280
because if the catholics came in and

1361
00:47:26,710 --> 00:47:25,599
tried you know shut them down no no

1362
00:47:28,470 --> 00:47:26,720
that's saint michael

1363
00:47:32,069 --> 00:47:28,480

you know that's the blessed mary but to

1364

00:47:33,270 --> 00:47:32,079

them it corresponded to their own gods

1365

00:47:35,670 --> 00:47:33,280

so i guess there was sort of this

1366

00:47:35,990 --> 00:47:35,680

cultural appropriation where they took

1367

00:47:38,390 --> 00:47:36,000

and

1368

00:47:39,990 --> 00:47:38,400

didn't that also happened as far as

1369

00:47:41,910 --> 00:47:40,000

hindu gods because i think there's a

1370

00:47:45,030 --> 00:47:41,920

strong connection with hindu gods

1371

00:47:46,790 --> 00:47:45,040

yeah especially because they're in that

1372

00:47:48,630 --> 00:47:46,800

same region that originated in the same

1373

00:47:51,030 --> 00:47:48,640

region

1374

00:47:53,430 --> 00:47:51,040

yeah buddhism came later but basically

1375

00:47:55,349 --> 00:47:53,440

buddhism thought

1376
00:47:57,829 --> 00:47:55,359
from buddha's perspective hinduism is

1377
00:48:00,950 --> 00:47:57,839
very materialistic

1378
00:48:03,430 --> 00:48:00,960
so that makes sense i guess that's

1379
00:48:04,069 --> 00:48:03,440
what it is it's that because there's not

1380
00:48:06,309 --> 00:48:04,079
the caste

1381
00:48:07,670 --> 00:48:06,319
system with buddhism that exists in

1382
00:48:10,790 --> 00:48:07,680
hinduism

1383
00:48:12,790 --> 00:48:10,800
so actually there is this annual um

1384
00:48:13,829 --> 00:48:12,800
ceremony that happens every year for the

1385
00:48:16,230 --> 00:48:13,839
untouchables

1386
00:48:17,750 --> 00:48:16,240
in hinduism they can convert to buddhism

1387
00:48:19,510 --> 00:48:17,760
and then they're no longer locked into

1388
00:48:22,710 --> 00:48:19,520

the caste system

1389

00:48:24,069 --> 00:48:22,720

well that's interesting yeah so they'll

1390

00:48:25,910 --> 00:48:24,079

convert and then they don't have

1391

00:48:27,510 --> 00:48:25,920

then then they don't have the social

1392

00:48:28,790 --> 00:48:27,520

issues anymore instead they have the

1393

00:48:30,790 --> 00:48:28,800

social of i'm

1394

00:48:32,870 --> 00:48:30,800

buddhist or hindu but they don't have

1395

00:48:34,549 --> 00:48:32,880

the i'm an untouchable or i'm in a low

1396

00:48:35,750 --> 00:48:34,559

caste and you can be mean to me kind of

1397

00:48:37,030 --> 00:48:35,760

thing

1398

00:48:39,109 --> 00:48:37,040

interesting that this stuff still

1399

00:48:41,430 --> 00:48:39,119

happens it's

1400

00:48:43,190 --> 00:48:41,440

crazy that still happens yeah i knew i

1401

00:48:46,309 --> 00:48:43,200

knew an indian girl who told me that she

1402

00:48:50,549 --> 00:48:46,319

wasn't allowed to marry the guy that she

1403

00:48:52,309 --> 00:48:50,559

wanted to because he was a much lower

1404

00:48:54,309 --> 00:48:52,319

i don't know what the scale is but she

1405

00:48:56,470 --> 00:48:54,319

was sort of considered upper class and

1406

00:48:59,190 --> 00:48:56,480

he was lower class and her family just

1407

00:49:01,430 --> 00:48:59,200

you are not marrying down you know you

1408

00:49:04,230 --> 00:49:01,440

have to marry in the same cast as you

1409

00:49:05,829 --> 00:49:04,240

which is just crazy in today's times but

1410

00:49:08,790 --> 00:49:05,839

okay

1411

00:49:10,710 --> 00:49:08,800

so the hindu gods wasn't there so there

1412

00:49:12,470 --> 00:49:10,720

was definitely some interaction between

1413

00:49:14,069 --> 00:49:12,480

buddha and some of the hindu gods and

1414

00:49:15,510 --> 00:49:14,079

some of the scriptures and stories

1415

00:49:18,710 --> 00:49:15,520

though wasn't there

1416

00:49:21,270 --> 00:49:18,720

yeah i mean there's because there's

1417

00:49:22,150 --> 00:49:21,280

because when you go into uh buddhism

1418

00:49:24,870 --> 00:49:22,160

there's also kind of

1419

00:49:26,710 --> 00:49:24,880

a mythology that's inside of it and

1420

00:49:27,430 --> 00:49:26,720

within that mythology that's where you

1421

00:49:33,670 --> 00:49:27,440

have

1422

00:49:36,390 --> 00:49:33,680

example the whole idea of shambhala

1423

00:49:37,510 --> 00:49:36,400

is a buddhist concept that there's this

1424

00:49:41,510 --> 00:49:37,520

hidden

1425

00:49:44,549 --> 00:49:41,520

magical utopian city in the middle east

1426
00:49:48,230 --> 00:49:44,559
sounds great right but

1427
00:49:55,510 --> 00:49:52,390
krishna is actually said to

1428
00:49:59,270 --> 00:49:55,520
be born as a buddha

1429
00:50:02,710 --> 00:49:59,280
in shambhala

1430
00:50:06,710 --> 00:50:02,720
so there is a lot and so

1431
00:50:12,150 --> 00:50:09,750
so it it's interesting definitely

1432
00:50:13,030 --> 00:50:12,160
and we talk about it being completely

1433
00:50:16,470 --> 00:50:13,040
possible and

1434
00:50:18,870 --> 00:50:16,480
uh to some people uh to be

1435
00:50:20,710 --> 00:50:18,880
both christian and buddhist can you be

1436
00:50:23,750 --> 00:50:20,720
both hindu and buddhist or is that

1437
00:50:25,109 --> 00:50:23,760
incomplete technically you can i don't

1438
00:50:26,549 --> 00:50:25,119

think that there's a lot of people who

1439

00:50:30,710 --> 00:50:26,559

do

1440

00:50:34,710 --> 00:50:33,349

and when and there's also some religions

1441

00:50:36,309 --> 00:50:34,720

that combine

1442

00:50:37,829 --> 00:50:36,319

like i said we were saying earlier not

1443

00:50:39,750 --> 00:50:37,839

just people that are christian that

1444

00:50:41,829 --> 00:50:39,760

have buddhist philosophy but there's

1445

00:50:45,510 --> 00:50:41,839

actually religions that exist

1446

00:50:48,230 --> 00:50:45,520

i've talked about before cow dyism which

1447

00:50:49,030 --> 00:50:48,240

yeah which originates in vietnam but it

1448

00:50:51,270 --> 00:50:49,040

does

1449

00:50:53,430 --> 00:50:51,280

specifically combine the ideals of

1450

00:50:56,069 --> 00:50:53,440

catholicism and buddhism into a third

1451
00:51:02,710 --> 00:50:59,510
so it's you know

1452
00:51:04,630 --> 00:51:02,720
it's both yeah so we talked about the

1453
00:51:06,790 --> 00:51:04,640
buddhist and he talks about

1454
00:51:08,150 --> 00:51:06,800
can you give me her name again the uh

1455
00:51:11,750 --> 00:51:08,160
the female

1456
00:51:13,190 --> 00:51:11,760
version sounds like a video game

1457
00:51:14,630 --> 00:51:13,200
character i don't know why i can't

1458
00:51:15,430 --> 00:51:14,640
remember that i'm sure i've read about

1459
00:51:19,270 --> 00:51:15,440
her before

1460
00:51:21,670 --> 00:51:19,280
and that's her chinese name is chinese

1461
00:51:22,630 --> 00:51:21,680
yeah and then when you look at the tibet

1462
00:51:26,150 --> 00:51:22,640
because

1463
00:51:29,270 --> 00:51:26,160

it originated as a tibetan deity

1464

00:51:31,030 --> 00:51:29,280

avalokitesvara which is hard to say was

1465

00:51:35,030 --> 00:51:31,040

actually a male deity the male

1466

00:51:38,710 --> 00:51:35,040

the male bodhisattva of um

1467

00:51:41,270 --> 00:51:38,720

of mercy okay uh and then

1468

00:51:43,430 --> 00:51:41,280

as mahayana buddhism kind of took off

1469

00:51:47,190 --> 00:51:43,440

and moved into china

1470

00:51:49,990 --> 00:51:47,200

then all of a sudden the energy changed

1471

00:51:51,349 --> 00:51:50,000

and it went from being a male deity to

1472

00:51:53,589 --> 00:51:51,359

being a female deity

1473

00:51:55,510 --> 00:51:53,599

and kind of filling that divine feminine

1474

00:51:57,670 --> 00:51:55,520

role in the religion

1475

00:51:58,630 --> 00:51:57,680

and this would be usual the usual things

1476
00:52:02,309 --> 00:51:58,640
like fertility

1477
00:52:04,870 --> 00:52:02,319
mercy motherly love sort of

1478
00:52:05,589 --> 00:52:04,880
yes it's mostly the motherly love and

1479
00:52:09,109 --> 00:52:05,599
the mercy

1480
00:52:11,430 --> 00:52:09,119
and kind of that um

1481
00:52:13,270 --> 00:52:11,440
you know release of basically helping as

1482
00:52:14,230 --> 00:52:13,280
many people as possible releasing people

1483
00:52:15,829 --> 00:52:14,240
from suffering

1484
00:52:17,430 --> 00:52:15,839
she's the one that's gonna help you

1485
00:52:18,549 --> 00:52:17,440
there's and the other thing is that

1486
00:52:21,990 --> 00:52:18,559
there's different versions that you'll

1487
00:52:25,670 --> 00:52:23,990
and there's a version of her that's kind

1488
00:52:27,190 --> 00:52:25,680

of just sitting in peaceful where she's

1489

00:52:29,349 --> 00:52:27,200

merciful but there's also a version of

1490

00:52:31,750 --> 00:52:29,359

her with a hundred arms

1491

00:52:33,109 --> 00:52:31,760

with the idea that as she was reaching

1492

00:52:34,950 --> 00:52:33,119

nirvana

1493

00:52:37,270 --> 00:52:34,960

she looked back and saw all the

1494

00:52:38,870 --> 00:52:37,280

suffering and wanted to help so many

1495

00:52:41,910 --> 00:52:38,880

people at once that her arms

1496

00:52:43,750 --> 00:52:41,920

shattered into a hundred different arms

1497

00:52:47,750 --> 00:52:43,760

so that she could help people at the

1498

00:52:50,470 --> 00:52:47,760

same time

1499

00:52:52,069 --> 00:52:50,480

so that's this she's definitely

1500

00:52:53,990 --> 00:52:52,079

interesting because

1501
00:52:56,150 --> 00:52:54,000
it's nice to know that there's a female

1502
00:52:59,510 --> 00:52:56,160
counterpart in buddhism to

1503
00:53:02,870 --> 00:52:59,520
a lot of the stuff in christianity and

1504
00:53:05,430 --> 00:53:02,880
so what about things like demons and

1505
00:53:06,309 --> 00:53:05,440
angels as they would relate to buddhism

1506
00:53:09,109 --> 00:53:06,319
because they have

1507
00:53:09,670 --> 00:53:09,119
demons that will torture you correct and

1508
00:53:12,150 --> 00:53:09,680
they will have

1509
00:53:14,549 --> 00:53:12,160
angels or sort of angels that will come

1510
00:53:16,549 --> 00:53:14,559
and help relieve your suffering

1511
00:53:19,030 --> 00:53:16,559
also right can you talk a little bit

1512
00:53:20,630 --> 00:53:19,040
about the demons and angels of buddhism

1513
00:53:25,589 --> 00:53:20,640

or their equivalence

1514

00:53:29,270 --> 00:53:25,599

so in buddhism there are technically

1515

00:53:32,150 --> 00:53:29,280

seven realms or six realms sorry

1516

00:53:33,829 --> 00:53:32,160

there are six realms um that you can

1517

00:53:35,349 --> 00:53:33,839

that you can incarnate into

1518

00:53:36,950 --> 00:53:35,359

so this goes back to the idea we're

1519

00:53:38,470 --> 00:53:36,960

talking about reincarnation and karma

1520

00:53:42,069 --> 00:53:38,480

what you did in your previous life

1521

00:53:45,270 --> 00:53:42,079

etc based on

1522

00:53:46,549 --> 00:53:45,280

where you lie on the karmic scale

1523

00:53:48,470 --> 00:53:46,559

that tells you where you're going to

1524

00:53:51,109 --> 00:53:48,480

reincarnate into

1525

00:53:52,150 --> 00:53:51,119

so there are six realms as i said and

1526
00:53:54,230 --> 00:53:52,160
each realm

1527
00:53:55,510 --> 00:53:54,240
um can i in some of the realms can be

1528
00:53:57,990 --> 00:53:55,520
broken down even

1529
00:53:59,829 --> 00:53:58,000
further but just in general you're

1530
00:54:02,870 --> 00:53:59,839
looking at

1531
00:54:03,829 --> 00:54:02,880
naraka which is the hell realm you're

1532
00:54:05,589 --> 00:54:03,839
looking at preeta

1533
00:54:07,990 --> 00:54:05,599
which is i was gonna ask you this so

1534
00:54:08,470 --> 00:54:08,000
they have they have their versions of

1535
00:54:11,430 --> 00:54:08,480
heaven

1536
00:54:12,230 --> 00:54:11,440
and hell as well right so and then yes

1537
00:54:14,790 --> 00:54:12,240
exactly

1538
00:54:16,630 --> 00:54:14,800

so and you incre and then you basically

1539

00:54:18,069 --> 00:54:16,640

incarnate into whatever level and you're

1540

00:54:20,549 --> 00:54:18,079

there for

1541

00:54:22,470 --> 00:54:20,559

in a certain period of time and then you

1542

00:54:24,069 --> 00:54:22,480

basically reincarnate again and then

1543

00:54:25,829 --> 00:54:24,079

based on how you did you'll either go

1544

00:54:26,549 --> 00:54:25,839

higher or lower that's basically the

1545

00:54:29,430 --> 00:54:26,559

idea

1546

00:54:30,309 --> 00:54:29,440

and within buddhism the human realm is

1547

00:54:33,670 --> 00:54:30,319

the second

1548

00:54:35,910 --> 00:54:33,680

or third from the top so

1549

00:54:37,750 --> 00:54:35,920

in that third from the top region though

1550

00:54:39,510 --> 00:54:37,760

we're considered to be kind of in that

1551

00:54:42,950 --> 00:54:39,520

sweet spot

1552

00:54:45,349 --> 00:54:42,960

the goldilocks zone so to speak okay

1553

00:54:46,549 --> 00:54:45,359

now we're the only we're the it's

1554

00:54:48,630 --> 00:54:46,559

easiest from the

1555

00:54:50,829 --> 00:54:48,640

human realm where we are now to

1556

00:54:54,710 --> 00:54:50,839

basically achieve

1557

00:54:57,910 --> 00:54:54,720

um samsara to be released to get nirvana

1558

00:54:59,670 --> 00:54:57,920

directly as a human you can do that if

1559

00:55:02,150 --> 00:54:59,680

you're in one of the lower realms like

1560

00:55:04,950 --> 00:55:02,160

the animal realm the hungry ghost realm

1561

00:55:05,990 --> 00:55:04,960

or the hell realm the hungry ghost realm

1562

00:55:09,109 --> 00:55:06,000

is interesting to me

1563

00:55:10,150 --> 00:55:09,119

because i read a story about one of

1564

00:55:13,430 --> 00:55:10,160

buddha's

1565

00:55:15,990 --> 00:55:13,440

closest disciples or best disciples who

1566

00:55:17,190 --> 00:55:16,000

somehow he knew that his mother had died

1567

00:55:20,230 --> 00:55:17,200

and gone to hell

1568

00:55:22,069 --> 00:55:20,240

or the hungry ghost realm and he used

1569

00:55:24,150 --> 00:55:22,079

his supernatural powers to descend into

1570

00:55:24,950 --> 00:55:24,160

hell to try to save her but was unable

1571

00:55:32,069 --> 00:55:24,960

to

1572

00:55:34,069 --> 00:55:32,079

mother so

1573

00:55:35,990 --> 00:55:34,079

the hungry ghost realm can explain a

1574

00:55:39,750 --> 00:55:36,000

little more about that

1575

00:55:42,470 --> 00:55:39,760

yeah so the hungry ghosts um

1576

00:55:43,109 --> 00:55:42,480

realm are demon-like creatures so

1577

00:55:44,710 --> 00:55:43,119

they're not

1578

00:55:47,270 --> 00:55:44,720

i guess you could call them demons but

1579

00:55:50,950 --> 00:55:47,280

they're not quite they're basically

1580

00:55:54,390 --> 00:55:50,960

in between a human and a demon um

1581

00:55:58,870 --> 00:55:54,400

they i guess is the best gary

1582

00:56:02,789 --> 00:56:01,190

yeah the thing is hungry ghosts actually

1583

00:56:05,190 --> 00:56:02,799

exist not only in buddhism but they also

1584

00:56:06,069 --> 00:56:05,200

exist in taoism hinduism sikhism and

1585

00:56:07,750 --> 00:56:06,079

jainism

1586

00:56:09,430 --> 00:56:07,760

so these are it exists in all of these

1587

00:56:12,150 --> 00:56:09,440

religions this idea

1588

00:56:12,630 --> 00:56:12,160

and it's the remnants of the dead that

1589

00:56:14,870 --> 00:56:12,640

are

1590

00:56:16,470 --> 00:56:14,880

afflicted with insatiable desire or

1591

00:56:20,069 --> 00:56:16,480

hunger because of

1592

00:56:22,789 --> 00:56:20,079

things that they did so say for example

1593

00:56:23,589 --> 00:56:22,799

if you were you stole food from a bunch

1594

00:56:25,829 --> 00:56:23,599

of people

1595

00:56:27,430 --> 00:56:25,839

you could be incarnate as a hungry ghost

1596

00:56:29,349 --> 00:56:27,440

and just never get enough

1597

00:56:30,789 --> 00:56:29,359

food like your mouth is too small and

1598

00:56:32,549 --> 00:56:30,799

you can't swallow

1599

00:56:34,230 --> 00:56:32,559

and isn't there festivals in places

1600

00:56:35,190 --> 00:56:34,240

where they leave food out for the hungry

1601
00:56:38,470 --> 00:56:35,200
ghosts

1602
00:56:41,750 --> 00:56:38,480
yes that's an interesting custom

1603
00:56:45,030 --> 00:56:41,760
like here don't haunt me here's a ham

1604
00:56:45,910 --> 00:56:45,040
you know yes exactly and the idea is

1605
00:56:47,510 --> 00:56:45,920
that they're trying

1606
00:56:49,349 --> 00:56:47,520
that you're trying to help them you're

1607
00:56:50,870 --> 00:56:49,359
trying to basically

1608
00:56:52,630 --> 00:56:50,880
help them to move on because that's the

1609
00:56:54,870 --> 00:56:52,640
whole idea you're trying to move on

1610
00:56:58,390 --> 00:56:54,880
you're trying to help them move on

1611
00:57:02,069 --> 00:56:58,400
um so the hungry ghosts that were really

1612
00:57:05,270 --> 00:57:03,990
it's where you don't want to be you're

1613
00:57:07,430 --> 00:57:05,280

not going to be

1614

00:57:08,549 --> 00:57:07,440

tortured so to speak the worst torture

1615

00:57:10,390 --> 00:57:08,559

you're going to get if you were to

1616

00:57:13,109 --> 00:57:10,400

incarnate as a hungry ghost

1617

00:57:14,150 --> 00:57:13,119

or interact with a hungry ghost is that

1618

00:57:18,150 --> 00:57:14,160

they can't eat

1619

00:57:19,670 --> 00:57:18,160

either when they eat it'll you know

1620

00:57:21,750 --> 00:57:19,680

like pirates of the caribbean turned to

1621

00:57:24,069 --> 00:57:21,760

ashes in their mouth or

1622

00:57:26,470 --> 00:57:24,079

you know they're just heard it turns it

1623

00:57:28,309 --> 00:57:26,480

turned to flame in this

1624

00:57:29,589 --> 00:57:28,319

disciples mother's mouth like he tried

1625

00:57:32,390 --> 00:57:29,599

to take her food and

1626
00:57:33,510 --> 00:57:32,400
turn to flame when she tried to eat so

1627
00:57:35,030 --> 00:57:33,520
that's definitely like if you're

1628
00:57:35,829 --> 00:57:35,040
starving and then somebody hands you

1629
00:57:37,510 --> 00:57:35,839
something to eat

1630
00:57:39,349 --> 00:57:37,520
that yeah that's definitely a form of

1631
00:57:42,150 --> 00:57:39,359
suffering so that this

1632
00:57:42,630 --> 00:57:42,160
but this hungry ghost realm is that the

1633
00:57:44,710 --> 00:57:42,640
same

1634
00:57:46,630 --> 00:57:44,720
sort of realm that most christians would

1635
00:57:49,670 --> 00:57:46,640
consider hell or is that a

1636
00:57:51,349 --> 00:57:49,680
difference that's a different one okay

1637
00:57:53,430 --> 00:57:51,359
i would say it's probably i guess if

1638
00:57:56,549 --> 00:57:53,440

you're gonna say i guess purgatory

1639

00:57:59,510 --> 00:57:56,559

where you're kind of not quite in hell

1640

00:58:00,390 --> 00:57:59,520

but you're almost there it's traffic

1641

00:58:02,630 --> 00:58:00,400

dream worlds

1642

00:58:04,230 --> 00:58:02,640

okay okay so i understand more about

1643

00:58:05,510 --> 00:58:04,240

this hungry ghost realm and this is the

1644

00:58:08,630 --> 00:58:05,520

place where some

1645

00:58:10,309 --> 00:58:08,640

uh souls after they die they go there

1646

00:58:12,710 --> 00:58:10,319

instead to a better place right

1647

00:58:13,829 --> 00:58:12,720

right depends on basically how you acted

1648

00:58:17,190 --> 00:58:13,839

if you

1649

00:58:19,510 --> 00:58:17,200

young individual

1650

00:58:20,789 --> 00:58:19,520

that is not that great say you shoplift

1651

00:58:22,950 --> 00:58:20,799

right

1652

00:58:25,270 --> 00:58:22,960

it's more likely than not that if you're

1653

00:58:27,270 --> 00:58:25,280

like 17 and you shoplift

1654

00:58:28,950 --> 00:58:27,280

that that karma isn't going to go into

1655

00:58:30,710 --> 00:58:28,960

your next life you'll probably clear it

1656

00:58:32,150 --> 00:58:30,720

before you die

1657

00:58:34,150 --> 00:58:32,160

because sometimes you can clear karma in

1658

00:58:36,230 --> 00:58:34,160

the same life

1659

00:58:37,670 --> 00:58:36,240

if you're lucky if you atone for your

1660

00:58:39,829 --> 00:58:37,680

sins and yeah

1661

00:58:41,910 --> 00:58:39,839

forgiveness right clear it and then

1662

00:58:43,510 --> 00:58:41,920

whatever yeah i'm real big on trying to

1663

00:58:46,150 --> 00:58:43,520

get that karmic wheel right

1664

00:58:46,870 --> 00:58:46,160

like if i do something wrong i'm you

1665

00:58:49,349 --> 00:58:46,880

know

1666

00:58:51,030 --> 00:58:49,359

i'm all too human but i do try to like

1667

00:58:53,670 --> 00:58:51,040

make amends right

1668

00:58:55,349 --> 00:58:53,680

yeah so i don't want to pay for that in

1669

00:58:58,390 --> 00:58:55,359

the next life i want to get it

1670

00:58:59,030 --> 00:58:58,400

you know resolved right now so you were

1671

00:59:02,390 --> 00:58:59,040

talking about

1672

00:59:06,230 --> 00:59:02,400

is it it's seven realms right

1673

00:59:07,829 --> 00:59:06,240

six so the hungry ghost realm is right

1674

00:59:09,750 --> 00:59:07,839

above the hell realm the hungry ghost

1675

00:59:11,589 --> 00:59:09,760

you're going to go there if you're

1676

00:59:13,270 --> 00:59:11,599

basically a glutton if you're trying to

1677

00:59:14,630 --> 00:59:13,280

hoard money you're not generous or you

1678

00:59:15,750 --> 00:59:14,640

steal from people those are things that

1679

00:59:16,710 --> 00:59:15,760

are going to get you there because

1680

00:59:18,390 --> 00:59:16,720

you're

1681

00:59:19,750 --> 00:59:18,400

it's like you have an insatiable hunger

1682

00:59:20,870 --> 00:59:19,760

in your real life so you're now going to

1683

00:59:22,950 --> 00:59:20,880

be punished in your

1684

00:59:24,069 --> 00:59:22,960

afterlife and this is what christians

1685

00:59:27,510 --> 00:59:24,079

would generally call

1686

00:59:30,069 --> 00:59:27,520

venial sins or minor sins but i guess

1687

00:59:31,910 --> 00:59:30,079

do buddhists believe if you commit major

1688

00:59:33,510 --> 00:59:31,920

sins or mortal sins then you go to the

1689

00:59:36,150 --> 00:59:33,520

hell realm after you die

1690

00:59:37,510 --> 00:59:36,160

correct yes so if you murder someone if

1691

00:59:40,549 --> 00:59:37,520

you

1692

00:59:42,390 --> 00:59:40,559

is the hell realm

1693

00:59:43,990 --> 00:59:42,400

which actually has different levels

1694

00:59:46,069 --> 00:59:44,000

within itself so now you're looking at

1695

00:59:48,069 --> 00:59:46,079

dante's inferno almost

1696

00:59:49,670 --> 00:59:48,079

but uh yeah that's interesting i've seen

1697

00:59:50,870 --> 00:59:49,680

this description and it reminded me of

1698

00:59:52,789 --> 00:59:50,880

dante's inferno

1699

00:59:54,630 --> 00:59:52,799

like different levels of suffering

1700

00:59:57,190 --> 00:59:54,640

depending on how bad you were

1701

00:59:58,470 --> 00:59:57,200

right so like the nicest version of it

1702

01:00:00,950 --> 00:59:58,480

which is funny is one of the

1703

01:00:02,710 --> 01:00:00,960

because it goes so there's two different

1704

01:00:03,589 --> 01:00:02,720

sections of the hell realms there's the

1705

01:00:06,870 --> 01:00:03,599

cold health

1706

01:00:07,670 --> 01:00:06,880

and then there's the hot health so the

1707

01:00:09,030 --> 01:00:07,680

cold hell

1708

01:00:10,470 --> 01:00:09,040

is where it is basically like the

1709

01:00:12,309 --> 01:00:10,480

lightest versions and then you kind of

1710

01:00:13,430 --> 01:00:12,319

descend farther and farther so you're

1711

01:00:15,750 --> 01:00:13,440

starting at

1712

01:00:16,710 --> 01:00:15,760

well the hell of freezing wall your

1713

01:00:19,829 --> 01:00:16,720

blisters break

1714

01:00:21,829 --> 01:00:19,839

open which is really gross is that

1715

01:00:23,430 --> 01:00:21,839

appealing yeah

1716

01:00:24,950 --> 01:00:23,440

freezing and you're covered in blisters

1717

01:00:26,069 --> 01:00:24,960

and then they open and then they freeze

1718

01:00:27,030 --> 01:00:26,079

and then you're covered with frozen

1719

01:00:30,470 --> 01:00:27,040

blood influx

1720

01:00:32,630 --> 01:00:30,480

that's gross but that's what it is

1721

01:00:33,910 --> 01:00:32,640

okay you start there and that's the

1722

01:00:35,910 --> 01:00:33,920

nicest version

1723

01:00:37,030 --> 01:00:35,920

and then you go into shivering and

1724

01:00:39,670 --> 01:00:37,040

moaning and teeth

1725

01:00:40,309 --> 01:00:39,680

and turning blue and all sorts of stuff

1726

01:00:44,069 --> 01:00:40,319

but then

1727

01:00:46,309 --> 01:00:44,079

you move into the deeper hell realms

1728

01:00:48,309 --> 01:00:46,319

and then they kind of they get kind of

1729

01:00:49,990 --> 01:00:48,319

bad i mean you get hell of

1730

01:00:51,829 --> 01:00:50,000

reviving or repeated attacks where

1731

01:00:52,390 --> 01:00:51,839

basically you kind of get destroyed and

1732

01:00:54,309 --> 01:00:52,400

then

1733

01:00:56,230 --> 01:00:54,319

you they bring you back together you get

1734

01:00:58,710 --> 01:00:56,240

sliced into pieces or smooshed

1735

01:00:59,349 --> 01:00:58,720

and then you reconstitute like you can

1736

01:01:02,069 --> 01:00:59,359

do it again

1737

01:01:03,670 --> 01:01:02,079

yeah again there's ones where big giant

1738

01:01:05,510 --> 01:01:03,680

hot things just crush you

1739

01:01:07,589 --> 01:01:05,520

there's ones where you scream and run

1740

01:01:08,789 --> 01:01:07,599

around on burning ground

1741

01:01:11,030 --> 01:01:08,799

there's one where you're screaming and

1742

01:01:13,109 --> 01:01:11,040

you're being eaten by animals

1743

01:01:15,270 --> 01:01:13,119

um but the worst one i think is

1744

01:01:16,470 --> 01:01:15,280

supposedly the hell without interruption

1745

01:01:19,750 --> 01:01:16,480

while being roasted in an

1746

01:01:24,230 --> 01:01:19,760

oven nice which

1747

01:01:27,030 --> 01:01:24,240

lasts for

1748

01:01:28,470 --> 01:01:27,040

at least three thousand years don't

1749

01:01:30,870 --> 01:01:28,480

forgive me if i'm wrong but

1750

01:01:31,750 --> 01:01:30,880

isn't it isn't it to believe though that

1751

01:01:33,670 --> 01:01:31,760

eventually

1752

01:01:35,030 --> 01:01:33,680

if if you're buddhist and you do end up

1753

01:01:37,030 --> 01:01:35,040

in this hell realm you

1754

01:01:38,789 --> 01:01:37,040

you atone for whatever while you're in

1755

01:01:41,190 --> 01:01:38,799

the hell realm and then you go on

1756

01:01:42,789 --> 01:01:41,200

to be reincarnated again right and you

1757

01:01:43,990 --> 01:01:42,799

reincarnate into a higher order and see

1758

01:01:44,950 --> 01:01:44,000

that's a big difference because in

1759

01:01:47,109 --> 01:01:44,960

christianity

1760

01:01:48,710 --> 01:01:47,119

you're there's no checking out you're

1761

01:01:50,549 --> 01:01:48,720

there forever it's also interesting to

1762

01:01:52,470 --> 01:01:50,559

me then christianity we don't get a real

1763

01:01:54,309 --> 01:01:52,480

big description of what happens in hell

1764

01:01:55,750 --> 01:01:54,319

just the general priest is like you're

1765

01:01:59,029 --> 01:01:55,760

going to burn in hell

1766

01:02:01,670 --> 01:01:59,039

yeah that's it we don't get like

1767

01:02:03,829 --> 01:02:01,680

you guys are much more descriptive yeah

1768

01:02:06,950 --> 01:02:03,839

you have swords

1769

01:02:08,630 --> 01:02:06,960

of being burned in an oven

1770

01:02:10,950 --> 01:02:08,640

but after that you can reincarnate and

1771

01:02:13,510 --> 01:02:10,960

maybe you won't be in an oven next time

1772

01:02:14,630 --> 01:02:13,520

it's kind of like how it is yeah that's

1773

01:02:16,789 --> 01:02:14,640

pretty interesting

1774

01:02:17,670 --> 01:02:16,799

there's actually one of the stories is

1775

01:02:20,789 --> 01:02:17,680

that buddha had

1776

01:02:22,309 --> 01:02:20,799

actually created it actually um in one

1777

01:02:25,029 --> 01:02:22,319

of his previous lives

1778

01:02:25,990 --> 01:02:25,039

committed a mortal sin was sent to one

1779

01:02:29,190 --> 01:02:26,000

of the hell realms

1780

01:02:30,390 --> 01:02:29,200

so buddha himself has been in the hell

1781

01:02:32,230 --> 01:02:30,400

realm

1782

01:02:35,109 --> 01:02:32,240

somebody understood the suffering of

1783

01:02:39,990 --> 01:02:38,150

and had basically dedicated himself

1784

01:02:41,990 --> 01:02:40,000

while in the hell realm to be while he

1785

01:02:43,430 --> 01:02:42,000

was suffering to still help other people

1786

01:02:44,950 --> 01:02:43,440

be a better person

1787

01:02:47,029 --> 01:02:44,960

and really commit himself to that that

1788

01:02:49,910 --> 01:02:47,039

he's one of the only

1789

01:02:51,430 --> 01:02:49,920

individuals who has been able to go and

1790

01:02:52,150 --> 01:02:51,440

incarnate from a whole realm directly

1791

01:02:54,710 --> 01:02:52,160

into

1792

01:02:56,549 --> 01:02:54,720

the human realm and skipping the hungry

1793

01:02:59,349 --> 01:02:56,559

ghosts skipping the animals and going

1794

01:03:02,069 --> 01:02:59,359

straight from there to humans

1795

01:03:02,470 --> 01:03:02,079

so it's possible and the thing is that

1796

01:03:04,309 --> 01:03:02,480

so

1797

01:03:06,069 --> 01:03:04,319

the only other individual i've read

1798

01:03:07,430 --> 01:03:06,079

about that supposedly has done that is

1799

01:03:09,270 --> 01:03:07,440

also kuan yin

1800

01:03:10,870 --> 01:03:09,280

who was sent to a hell room not because

1801
01:03:11,430 --> 01:03:10,880
she did anything wrong but it was

1802
01:03:14,470 --> 01:03:11,440
because

1803
01:03:17,270 --> 01:03:14,480
she was murdered

1804
01:03:18,789 --> 01:03:17,280
um but didn't want the person who the

1805
01:03:20,069 --> 01:03:18,799
person who murdered her was hired to

1806
01:03:21,589 --> 01:03:20,079
murder her

1807
01:03:23,349 --> 01:03:21,599
she didn't want them to suffer for that

1808
01:03:24,710 --> 01:03:23,359
she didn't want her

1809
01:03:27,430 --> 01:03:24,720
she took that yeah i've read this i've

1810
01:03:28,789 --> 01:03:27,440
read about this that's an extreme act of

1811
01:03:31,990 --> 01:03:28,799
compassion if you ever

1812
01:03:33,829 --> 01:03:32,000
you know that's just a lesson in

1813
01:03:35,349 --> 01:03:33,839

compassion too because how could

1814

01:03:36,710 --> 01:03:35,359

how could you be so compassionate with

1815

01:03:38,230 --> 01:03:36,720

somebody that ended your life but

1816

01:03:40,630 --> 01:03:38,240

apparently she was

1817

01:03:42,150 --> 01:03:40,640

see i like the lessons that can be

1818

01:03:43,190 --> 01:03:42,160

gained from some of these stories and

1819

01:03:44,870 --> 01:03:43,200

myths

1820

01:03:46,549 --> 01:03:44,880

you know i mean we can all stand to be

1821

01:03:48,470 --> 01:03:46,559

more compassionate but that's an extreme

1822

01:03:51,510 --> 01:03:48,480

level of compassion

1823

01:03:54,309 --> 01:03:51,520

yes yeah so we've been through then the

1824

01:03:56,950 --> 01:03:54,319

the hell realm the hungry ghost realm

1825

01:03:58,710 --> 01:03:56,960

and the earth realm is where we are

1826
01:04:00,150 --> 01:03:58,720
where we are now we're in the human

1827
01:04:01,990 --> 01:04:00,160
realm human realm

1828
01:04:03,510 --> 01:04:02,000
and so there would be three above that

1829
01:04:06,390 --> 01:04:03,520
then right yeah

1830
01:04:06,789 --> 01:04:06,400
so you're well there's two above us so

1831
01:04:09,029 --> 01:04:06,799
there's

1832
01:04:11,029 --> 01:04:09,039
three below us so actually between the

1833
01:04:13,349 --> 01:04:11,039
hungry ghosts and us are the animals

1834
01:04:15,109 --> 01:04:13,359
oh the animal realm yeah which is why

1835
01:04:15,670 --> 01:04:15,119
and because we're so close we can see

1836
01:04:16,870 --> 01:04:15,680
each other

1837
01:04:18,470 --> 01:04:16,880
a lot of these realms there's not a

1838
01:04:19,910 --> 01:04:18,480

crossover where you can kind of interact

1839

01:04:22,390 --> 01:04:19,920

with each other

1840

01:04:23,990 --> 01:04:22,400

the human and the animals can interact

1841

01:04:25,910 --> 01:04:24,000

with each other just like

1842

01:04:27,109 --> 01:04:25,920

the two above us can interact with each

1843

01:04:29,910 --> 01:04:27,119

other

1844

01:04:31,270 --> 01:04:29,920

but um so one of the reasons why

1845

01:04:35,109 --> 01:04:31,280

buddhism places such

1846

01:04:36,549 --> 01:04:35,119

a huge focus on not hurting animals and

1847

01:04:38,309 --> 01:04:36,559

being a vegetarian

1848

01:04:40,710 --> 01:04:38,319

is because we're so close to the realm

1849

01:04:44,150 --> 01:04:40,720

of the animals with the idea of

1850

01:04:46,309 --> 01:04:44,160

if you kill that spider

1851
01:04:48,069 --> 01:04:46,319
you're you have a problem because it's

1852
01:04:49,910 --> 01:04:48,079
more likely than not that either that

1853
01:04:51,029 --> 01:04:49,920
spider was your mom in a previous life

1854
01:04:54,870 --> 01:04:51,039
or is

1855
01:04:56,390 --> 01:04:54,880
your child in a previous that's scary

1856
01:04:59,430 --> 01:04:56,400
that would make me think twice before

1857
01:05:00,549 --> 01:04:59,440
sweating spiders at my cabin that could

1858
01:05:03,430 --> 01:05:00,559
be my

1859
01:05:04,630 --> 01:05:03,440
relative a relative from a previous life

1860
01:05:06,630 --> 01:05:04,640
or even one that you know

1861
01:05:07,910 --> 01:05:06,640
or even someone that you knew earlier in

1862
01:05:08,870 --> 01:05:07,920
this life that passed and is

1863
01:05:10,950 --> 01:05:08,880

reincarnated

1864

01:05:13,990 --> 01:05:10,960

so that's why there's i'm just going to

1865

01:05:18,789 --> 01:05:14,000

throw them outside then

1866

01:05:24,710 --> 01:05:22,710

yeah middle of nowhere so yeah

1867

01:05:26,470 --> 01:05:24,720

yeah that's so that's why that and that

1868

01:05:27,190 --> 01:05:26,480

there's that big connection is because

1869

01:05:29,990 --> 01:05:27,200

of that

1870

01:05:32,069 --> 01:05:30,000

so it goes the hell realm the hungry

1871

01:05:34,069 --> 01:05:32,079

ghosts the animals and then the humans

1872

01:05:35,510 --> 01:05:34,079

and then above us are what we're going

1873

01:05:38,549 --> 01:05:35,520

to talk about the

1874

01:05:41,589 --> 01:05:38,559

demigods so to speak or

1875

01:05:43,029 --> 01:05:41,599

angelic people but here's the thing this

1876

01:05:44,549 --> 01:05:43,039

is actually might be one of my favorite

1877

01:05:46,870 --> 01:05:44,559

things about this

1878

01:05:47,910 --> 01:05:46,880

is that the asura realm which is the one

1879

01:05:51,109 --> 01:05:47,920

that's right above us

1880

01:05:52,789 --> 01:05:51,119

in the demigods so they can interact

1881

01:05:55,990 --> 01:05:52,799

with the god-like beings

1882

01:05:57,270 --> 01:05:56,000

for one but the other thing i like about

1883

01:05:57,990 --> 01:05:57,280

it is the fact that they're not

1884

01:06:00,150 --> 01:05:58,000

considered

1885

01:06:02,069 --> 01:06:00,160

perfect just like sometimes you hear

1886

01:06:03,829 --> 01:06:02,079

people talk about angels and they have

1887

01:06:06,630 --> 01:06:03,839

you know jealousy or they have these

1888

01:06:09,750 --> 01:06:06,640

feelings even though they shouldn't

1889

01:06:11,510 --> 01:06:09,760

the demigods are very similar in that

1890

01:06:14,630 --> 01:06:11,520

because they can interact with the

1891

01:06:16,789 --> 01:06:14,640

god-like beings they have jealousy

1892

01:06:17,670 --> 01:06:16,799

because they can they're not at that

1893

01:06:21,349 --> 01:06:17,680

level

1894

01:06:23,510 --> 01:06:21,359

so they actually are not perfect um and

1895

01:06:24,789 --> 01:06:23,520

it's easy to slide from that realm into

1896

01:06:27,750 --> 01:06:24,799

the human realm because you can make a

1897

01:06:27,760 --> 01:06:33,029

because things are too easy so remember

1898

01:06:36,230 --> 01:06:35,270

the reason that humanity that as a human

1899

01:06:38,230 --> 01:06:36,240

it's easy to

1900

01:06:40,309 --> 01:06:38,240

basically achieve nirvana is because

1901

01:06:41,349 --> 01:06:40,319

you're suffering a little bit but not

1902

01:06:42,630 --> 01:06:41,359

too much

1903

01:06:44,950 --> 01:06:42,640

if you're an animal or the other one

1904

01:06:46,630 --> 01:06:44,960

you're suffering too much to be able to

1905

01:06:48,309 --> 01:06:46,640

developing yourself spiritually and

1906

01:06:51,349 --> 01:06:48,319

being able to achieve that

1907

01:06:52,069 --> 01:06:51,359

if you are an asura or a deva which are

1908

01:06:56,309 --> 01:06:52,079

the two above

1909

01:06:58,789 --> 01:06:56,319

us you are basically in such a nice

1910

01:07:00,470 --> 01:06:58,799

kind of state of being that you don't

1911

01:07:03,670 --> 01:07:00,480

focus on it

1912

01:07:04,789 --> 01:07:03,680

so then you end up accumulating karma

1913

01:07:06,789 --> 01:07:04,799

and then backsliding

1914

01:07:09,270 --> 01:07:06,799

and then basically ending up a human and

1915

01:07:12,710 --> 01:07:09,280

then you just keep going in cycles

1916

01:07:15,910 --> 01:07:12,720

this makes sense so

1917

01:07:18,230 --> 01:07:15,920

what about these beings above us

1918

01:07:21,589 --> 01:07:18,240

as they do they interact with people

1919

01:07:24,710 --> 01:07:21,599

what is their relationship with humans

1920

01:07:27,589 --> 01:07:24,720

so they don't really

1921

01:07:29,349 --> 01:07:27,599

interact too much with with humans um

1922

01:07:31,270 --> 01:07:29,359

because they're in a different

1923

01:07:32,950 --> 01:07:31,280

i guess if you were gonna say like

1924

01:07:35,990 --> 01:07:32,960

dimension or vibration

1925

01:07:36,789 --> 01:07:36,000

if you're gonna yeah no all right we're

1926

01:07:38,069 --> 01:07:36,799

turning

1927

01:07:40,829 --> 01:07:38,079

i've been saying we're gonna turn the

1928

01:07:42,549 --> 01:07:40,839

wound meter up here so this makes sense

1929

01:07:43,990 --> 01:07:42,559

then they're in a different dimension so

1930

01:07:44,390 --> 01:07:44,000

they don't really interact with us that

1931

01:07:48,870 --> 01:07:44,400

that's

1932

01:07:52,710 --> 01:07:48,880

in christianity

1933

01:07:55,510 --> 01:07:52,720

uh angels and demons will

1934

01:07:57,510 --> 01:07:55,520

interact with people on a pretty regular

1935

01:07:59,750 --> 01:07:57,520

you know like the angels will come

1936

01:08:00,870 --> 01:07:59,760

angels of mercy will come angels that

1937

01:08:03,910 --> 01:08:00,880

are messengers

1938

01:08:05,910 --> 01:08:03,920

is the most common they're not really

1939

01:08:07,270 --> 01:08:05,920

they're just sent by god to give a

1940

01:08:10,710 --> 01:08:07,280

message to

1941

01:08:12,870 --> 01:08:10,720

a human or whatever but demons as well

1942

01:08:14,470 --> 01:08:12,880

sort of interact with or possess people

1943

01:08:20,390 --> 01:08:14,480

or

1944

01:08:21,990 --> 01:08:20,400

very real thing in christianity

1945

01:08:23,510 --> 01:08:22,000

so i guess there's a difference there's

1946

01:08:24,229 --> 01:08:23,520

not as much interaction with the

1947

01:08:27,110 --> 01:08:24,239

buddhists

1948

01:08:28,070 --> 01:08:27,120

demons and angels no they're interacting

1949

01:08:30,870 --> 01:08:28,080

with each other

1950

01:08:31,990 --> 01:08:30,880

they're not interacting with us so what

1951

01:08:34,630 --> 01:08:32,000

the asura

1952

01:08:36,390 --> 01:08:34,640

once occupied this thing like they're in

1953

01:08:37,829 --> 01:08:36,400

the same vibe they're in that same area

1954

01:08:39,110 --> 01:08:37,839

as each other they can see each other

1955

01:08:40,470 --> 01:08:39,120

and interact like we can with the

1956

01:08:41,990 --> 01:08:40,480

animals

1957

01:08:43,590 --> 01:08:42,000

so those jealous gods and then the

1958

01:08:45,189 --> 01:08:43,600

god-like beings they can interact with

1959

01:08:46,789 --> 01:08:45,199

each other but those jealous gods the

1960

01:08:48,630 --> 01:08:46,799

asura

1961

01:08:50,229 --> 01:08:48,640

used to actually be on the exact same

1962

01:08:52,709 --> 01:08:50,239

level

1963

01:08:54,070 --> 01:08:52,719

um but through because they're jealous

1964

01:08:56,870 --> 01:08:54,080

and they're constantly fighting and

1965

01:08:59,749 --> 01:08:56,880

trying to take over the deva

1966

01:09:01,030 --> 01:08:59,759

that they uh basically got kicked down

1967

01:09:02,470 --> 01:09:01,040

and on

1968

01:09:04,870 --> 01:09:02,480

so there's this constant struggle

1969

01:09:08,309 --> 01:09:04,880

between them to kind of

1970

01:09:10,789 --> 01:09:08,319

be able to be superior

1971

01:09:13,510 --> 01:09:10,799

well that's interesting some people

1972

01:09:17,910 --> 01:09:13,520

consider actually the asuras to be

1973

01:09:22,229 --> 01:09:20,470

than angel-like because they may have

1974

01:09:23,910 --> 01:09:22,239

committed sins but it's more about their

1975

01:09:25,669 --> 01:09:23,920

intentions they had good intentions but

1976

01:09:28,709 --> 01:09:25,679

messed it up

1977

01:09:31,030 --> 01:09:28,719

if that makes sense sure sure and so

1978

01:09:32,870 --> 01:09:31,040

the divas would be the higher yeah

1979

01:09:34,709 --> 01:09:32,880

spirit programs and can you tell us a

1980

01:09:35,669 --> 01:09:34,719

little more about them and their nature

1981

01:09:38,950 --> 01:09:35,679

and their relationship

1982

01:09:42,309 --> 01:09:38,960

to man and is there prayers

1983

01:09:44,950 --> 01:09:42,319

to them or is there appeals to them for

1984

01:09:46,550 --> 01:09:44,960

not really to be honest there's you

1985

01:09:48,789 --> 01:09:46,560

don't really appeal to them because

1986

01:09:51,110 --> 01:09:48,799

really they're not

1987

01:09:52,630 --> 01:09:51,120

while they're on a higher realm than you

1988

01:09:53,669 --> 01:09:52,640

they're not really considered that

1989

01:09:55,750 --> 01:09:53,679

different from you

1990

01:09:57,110 --> 01:09:55,760

they're just considered to be like a

1991

01:10:00,149 --> 01:09:57,120

human that has way less

1992

01:10:05,030 --> 01:10:00,159

physically better karma

1993

01:10:09,830 --> 01:10:08,310

so yeah i guess that was another thing

1994

01:10:12,310 --> 01:10:09,840

that was confusing to me coming from a

1995

01:10:13,910 --> 01:10:12,320

catholic background is that

1996

01:10:16,070 --> 01:10:13,920

sometimes the lecturers would talk about

1997

01:10:18,310 --> 01:10:16,080

these spiritual entities

1998

01:10:20,630 --> 01:10:18,320

but i was confused by the fact that

1999

01:10:21,430 --> 01:10:20,640

there wasn't like prayers to specific

2000

01:10:25,270 --> 01:10:21,440

deities

2001

01:10:27,189 --> 01:10:25,280

or i mean there are prayers to specific

2002

01:10:29,110 --> 01:10:27,199

there are some yeah right there are but

2003

01:10:32,550 --> 01:10:29,120

it's just so much less common

2004

01:10:36,229 --> 01:10:32,560

than christian where we have

2005

01:10:38,070 --> 01:10:36,239

all these different saints and like

2006

01:10:39,830 --> 01:10:38,080

my favorite example is saint anthony

2007

01:10:42,149 --> 01:10:39,840

there's a prayer to saint anthony when

2008

01:10:44,630 --> 01:10:42,159

you lose something

2009

01:10:45,189 --> 01:10:44,640

and it's something stupid and i swear by

2010

01:10:46,870 --> 01:10:45,199

it though

2011

01:10:48,550 --> 01:10:46,880

you say saint anthony saint anthony

2012

01:10:50,310 --> 01:10:48,560

please come down something is lost and

2013

01:10:51,189 --> 01:10:50,320

cannot be found so you're appealing to

2014

01:10:54,709 --> 01:10:51,199

saint anthony

2015

01:10:56,390 --> 01:10:54,719

to help you find your lost keys and uh

2016

01:10:57,830 --> 01:10:56,400

and and different there's just so many

2017

01:10:59,189 --> 01:10:57,840

different no matter what's going on like

2018

01:11:00,790 --> 01:10:59,199

saint jude is for

2019

01:11:02,550 --> 01:11:00,800

hopeless cases like if people have

2020

01:11:05,430 --> 01:11:02,560

cancer they pray to saint jude

2021

01:11:06,790 --> 01:11:05,440

if they're told it's terminal or you

2022

01:11:08,950 --> 01:11:06,800

know whatever

2023

01:11:11,590 --> 01:11:08,960

there's all of these different prayers

2024

01:11:15,189 --> 01:11:13,030

we call them saints but really just

2025

01:11:17,510 --> 01:11:15,199

spiritual entities or energies

2026

01:11:19,669 --> 01:11:17,520

for different things that you need or

2027

01:11:20,870 --> 01:11:19,679

whatever but i didn't see that really

2028

01:11:24,709 --> 01:11:20,880

too much in buddhism

2029

01:11:27,590 --> 01:11:24,719

i didn't see like okay uh if you're uh

2030

01:11:28,310 --> 01:11:27,600

if you're poor you pray to this deity

2031

01:11:29,990 --> 01:11:28,320

and if you

2032

01:11:31,590 --> 01:11:30,000

can't find your keys you pray to this

2033

01:11:31,990 --> 01:11:31,600

you know what i mean you guys it's just

2034

01:11:34,950 --> 01:11:32,000

like

2035

01:11:37,270 --> 01:11:34,960

it's less it's less centered on praying

2036

01:11:39,030 --> 01:11:37,280

to specific deities and more on the self

2037

01:11:47,830 --> 01:11:39,040

and

2038

01:11:49,669 --> 01:11:47,840

because yeah there is that side of it

2039

01:11:51,750 --> 01:11:49,679

but what i was gonna say is

2040

01:11:53,430 --> 01:11:51,760

that's where the chanting actually comes

2041

01:11:56,310 --> 01:11:53,440

into play

2042

01:11:58,790 --> 01:11:56,320

for those who chant um because the

2043

01:12:00,870 --> 01:11:58,800

chants that are being done are actually

2044

01:12:02,310 --> 01:12:00,880

what you're doing is you're calling upon

2045

01:12:03,510 --> 01:12:02,320

whatever deity you're trying to call

2046

01:12:05,990 --> 01:12:03,520

upon

2047

01:12:08,149 --> 01:12:06,000

so there's one for kuan yin there's one

2048

01:12:11,590 --> 01:12:08,159

for like for example amitabh buddha

2049

01:12:15,750 --> 01:12:11,600

in vietnamese there's a specific chant

2050

01:12:17,669 --> 01:12:15,760

that it says which is basically like i

2051

01:12:20,790 --> 01:12:17,679

call upon

2052

01:12:23,910 --> 01:12:20,800

you know buddha

2053

01:12:25,590 --> 01:12:23,920

in the light basically um and you

2054

01:12:28,310 --> 01:12:25,600

basically say it over and over again

2055

01:12:29,750 --> 01:12:28,320

and so the mala beads you've seen that

2056

01:12:32,470 --> 01:12:29,760

basically

2057

01:12:33,590 --> 01:12:32,480

yeah there be you're supposed to call

2058

01:12:35,350 --> 01:12:33,600

upon

2059

01:12:36,950 --> 01:12:35,360

the individual and it's kind of i guess

2060

01:12:38,310 --> 01:12:36,960

maybe like saying the rosary i'm not

2061

01:12:40,550 --> 01:12:38,320

entirely

2062

01:12:43,270 --> 01:12:40,560

knowledgeable it's not it's very similar

2063

01:12:46,229 --> 01:12:43,280

it's your big i was a big supporter of

2064

01:12:47,750 --> 01:12:46,239

praying a rosary even after i i don't

2065

01:12:48,950 --> 01:12:47,760

any longer consider myself catholic but

2066

01:12:51,669 --> 01:12:48,960

i still pray a rosary

2067

01:12:52,630 --> 01:12:51,679

sometimes because it's so to me it's so

2068

01:12:55,189 --> 01:12:52,640

like

2069

01:12:57,189 --> 01:12:55,199

meditative yes i was happy when i

2070

01:12:58,229 --> 01:12:57,199

learned about buddhists prayer beads

2071

01:12:59,990 --> 01:12:58,239

because i was like yes

2072

01:13:02,229 --> 01:13:00,000

there's something similar and it had a

2073

01:13:04,229 --> 01:13:02,239

similar i tried some of the stuff that

2074

01:13:07,270 --> 01:13:04,239

was suggested to me in a book and i have

2075

01:13:08,790 --> 01:13:07,280

some videos for using the prayer beads

2076

01:13:10,390 --> 01:13:08,800

and it was the same thing to me it seems

2077

01:13:10,790 --> 01:13:10,400

so much more meditative because you have

2078

01:13:13,990 --> 01:13:10,800

that

2079

01:13:16,229 --> 01:13:14,000

physical focus as you go through

2080

01:13:19,189 --> 01:13:16,239

and a way of counting the chance or

2081

01:13:21,189 --> 01:13:19,199

whatever it is you're doing

2082

01:13:22,950 --> 01:13:21,199

so yeah i mean because of that because

2083

01:13:24,870 --> 01:13:22,960

there that option is there for

2084

01:13:26,229 --> 01:13:24,880

for people not everybody does it but if

2085

01:13:27,830 --> 01:13:26,239

you decide to do it then

2086

01:13:29,030 --> 01:13:27,840

you are kind of feeling that same thing

2087

01:13:30,630 --> 01:13:29,040

because you're going to call upon kuan

2088

01:13:32,470 --> 01:13:30,640

yin for mercy to help you

2089

01:13:33,910 --> 01:13:32,480

you can call upon the universal buddha

2090

01:13:35,430 --> 01:13:33,920

to help you with whatever

2091

01:13:38,550 --> 01:13:35,440

um and you're gonna say there are

2092

01:13:40,630 --> 01:13:38,560

specific chants that you would say

2093

01:13:42,950 --> 01:13:40,640

so i mean it just kind of it depends

2094

01:13:45,350 --> 01:13:42,960

because again we're looking at buddhism

2095

01:13:46,870 --> 01:13:45,360

obviously if we haven't if people

2096

01:13:50,070 --> 01:13:46,880

haven't figured it out yet

2097

01:13:52,390 --> 01:13:50,080

it's very complex and gives it

2098

01:13:54,470 --> 01:13:52,400

gives a lot of flexibility that you take

2099

01:13:55,510 --> 01:13:54,480

what works for you and you kind of don't

2100

01:13:58,950 --> 01:13:55,520

use what you what

2101

01:14:00,070 --> 01:13:58,960

you don't need uh yeah which is another

2102

01:14:02,390 --> 01:14:00,080

surprising fact

2103

01:14:03,830 --> 01:14:02,400

or surprising thing to me about buddhism

2104

01:14:06,310 --> 01:14:03,840

coming from catholics because

2105

01:14:07,350 --> 01:14:06,320

they're very strict and this is the deal

2106

01:14:09,750 --> 01:14:07,360

and you're right

2107

01:14:11,350 --> 01:14:09,760

i think christianity is much simpler you

2108

01:14:13,990 --> 01:14:11,360

know i mean we have these 10

2109

01:14:15,110 --> 01:14:14,000

commandments don't do this 10 things and

2110

01:14:18,149 --> 01:14:15,120

you'll be good

2111

01:14:20,149 --> 01:14:18,159

and you know try to be a good person

2112

01:14:21,189 --> 01:14:20,159

don't kill anybody don't sleep with

2113

01:14:23,270 --> 01:14:21,199

somebody else's wife

2114

01:14:24,470 --> 01:14:23,280

these are all very logical and easy to

2115

01:14:27,669 --> 01:14:24,480

follow things

2116

01:14:29,510 --> 01:14:27,679

don't steal you know but uh

2117

01:14:31,189 --> 01:14:29,520

buddhism to me seemed to be much more

2118

01:14:33,350 --> 01:14:31,199

complex and

2119

01:14:35,030 --> 01:14:33,360

i also thought like it's a little it's a

2120

01:14:36,149 --> 01:14:35,040

lot more philosophical too because if

2121

01:14:38,229 --> 01:14:36,159

you ask

2122

01:14:39,669 --> 01:14:38,239

three monks the same question you'll get

2123

01:14:41,669 --> 01:14:39,679

three three different

2124

01:14:44,070 --> 01:14:41,679

answers but each of those answers that

2125

01:14:46,149 --> 01:14:44,080

they give seem like a good answer to me

2126

01:14:47,189 --> 01:14:46,159

so i was always a little bit confused

2127

01:14:50,630 --> 01:14:47,199

when i you know

2128

01:14:53,350 --> 01:14:50,640

had questions because there's not

2129

01:14:54,070 --> 01:14:53,360

there's not that set dogma to me so much

2130

01:14:55,669 --> 01:14:54,080

it's like you said

2131

01:14:57,350 --> 01:14:55,679

they'll let you take what works and

2132

01:14:59,830 --> 01:14:57,360

discard the rest

2133

01:15:01,270 --> 01:14:59,840

you know that's interesting to me that

2134

01:15:03,350 --> 01:15:01,280

you can get away with that but you can

2135

01:15:07,030 --> 01:15:03,360

do that

2136

01:15:09,030 --> 01:15:07,040

christianity you can't say you know

2137

01:15:10,470 --> 01:15:09,040

i i like this religion but i really

2138

01:15:13,110 --> 01:15:10,480

don't like this uh

2139

01:15:13,990 --> 01:15:13,120

not eating meat on fridays so we're not

2140

01:15:17,669 --> 01:15:14,000

going to do that

2141

01:15:19,270 --> 01:15:17,679

you know except for

2142

01:15:20,709 --> 01:15:19,280

i like i like this religion but i don't

2143

01:15:22,310 --> 01:15:20,719

like the holy spirit so we're not going

2144

01:15:23,990 --> 01:15:22,320

to have that or you know i'm not going

2145

01:15:25,669 --> 01:15:24,000

to deal with that you just it's it's all

2146

01:15:29,669 --> 01:15:25,679

chips in or nothing

2147

01:15:35,350 --> 01:15:29,679

you know yep or you're burning hell

2148

01:15:39,270 --> 01:15:36,830

i also found it to be a lot less

2149

01:15:42,470 --> 01:15:39,280

judgmental of people

2150

01:15:43,430 --> 01:15:42,480

you know it's like um

2151

01:15:45,030 --> 01:15:43,440

i don't know i think there's a lot of

2152

01:15:45,910 --> 01:15:45,040

shame involved in some things in

2153

01:15:49,669 --> 01:15:45,920

christianity

2154

01:15:51,590 --> 01:15:49,679

like you know and and uh

2155

01:15:52,950 --> 01:15:51,600

like i said the authoritarianism you

2156

01:15:54,550 --> 01:15:52,960

know you get on the bad side of your

2157

01:15:56,070 --> 01:15:54,560

local priest your family can get on the

2158

01:15:58,310 --> 01:15:56,080

bad side of your local priest

2159

01:15:59,350 --> 01:15:58,320

and everybody in your community knows it

2160

01:16:02,390 --> 01:15:59,360

you did something

2161

01:16:03,750 --> 01:16:02,400

some stupid slight you know some favor

2162

01:16:05,830 --> 01:16:03,760

you're supposed to do the church that

2163

01:16:06,310 --> 01:16:05,840

you did late or didn't do well enough or

2164

01:16:11,830 --> 01:16:06,320

yeah

2165

01:16:14,390 --> 01:16:11,840

we have these different realms and and

2166

01:16:17,590 --> 01:16:14,400

you've explained some of the deities but

2167

01:16:20,070 --> 01:16:17,600

one thing is we did talk about this

2168

01:16:22,149 --> 01:16:20,080

creator god sort of situation where it's

2169

01:16:23,270 --> 01:16:22,159

more of a source energy and you go back

2170

01:16:25,910 --> 01:16:23,280

to it

2171

01:16:26,950 --> 01:16:25,920

um and and we talked about how buddha

2172

01:16:28,950 --> 01:16:26,960

didn't really say

2173

01:16:30,310 --> 01:16:28,960

well he gave conflicting answers about

2174

01:16:33,910 --> 01:16:30,320

the existence of god

2175

01:16:36,709 --> 01:16:33,920

right but what i've always wondered is

2176

01:16:39,990 --> 01:16:36,719

or or can we talk about

2177

01:16:43,750 --> 01:16:40,000

jesus suddenly became

2178

01:16:45,189 --> 01:16:43,760

a god late you know there's some debate

2179

01:16:47,669 --> 01:16:45,199

some people believe that he never

2180

01:16:48,470 --> 01:16:47,679

claimed to be a deity or to be god he

2181

01:16:51,110 --> 01:16:48,480

claimed to be

2182

01:16:51,750 --> 01:16:51,120

a son of god and we're all sons of god

2183

01:16:52,950 --> 01:16:51,760

and that

2184

01:16:55,669 --> 01:16:52,960

some people believe he was just a

2185

01:16:59,270 --> 01:16:55,679

prophet but most christian

2186

01:17:02,310 --> 01:16:59,280

place him up there as god but buddha is

2187

01:17:05,669 --> 01:17:02,320

more of uh

2188

01:17:08,149 --> 01:17:05,679

human he's not he's not

2189

01:17:08,950 --> 01:17:08,159

he's not a god he's a human who achieved

2190

01:17:10,470 --> 01:17:08,960

enlightenment

2191

01:17:12,630 --> 01:17:10,480

can you talk a little bit about that and

2192

01:17:15,110 --> 01:17:12,640

the differences because

2193

01:17:17,350 --> 01:17:15,120

buddhists don't really worship buddha

2194

01:17:21,430 --> 01:17:17,360

right not like christians worship

2195

01:17:23,430 --> 01:17:21,440

jesus correct so

2196

01:17:25,189 --> 01:17:23,440

going back to this question of atheism

2197

01:17:27,510 --> 01:17:25,199

and buddhism

2198

01:17:28,870 --> 01:17:27,520

one of the one of the thoughts for a lot

2199

01:17:31,189 --> 01:17:28,880

of scholars who

2200

01:17:32,630 --> 01:17:31,199

who research buddhism and look at it

2201

01:17:34,229 --> 01:17:32,640

they think that the reason he gave

2202

01:17:35,830 --> 01:17:34,239

conflicting answers or wasn't quite

2203

01:17:37,030 --> 01:17:35,840

clear on whether or not there is a god

2204

01:17:38,950 --> 01:17:37,040

is because he didn't want to be

2205

01:17:40,630 --> 01:17:38,960

worshipped

2206

01:17:42,630 --> 01:17:40,640

um and that was one of the reasons why

2207

01:17:45,830 --> 01:17:42,640

that happened in that way

2208

01:17:48,870 --> 01:17:45,840

but yes um you are correct in that

2209

01:17:52,149 --> 01:17:48,880

um he's not treated

2210

01:17:54,870 --> 01:17:52,159

as a god he's treated as

2211

01:17:56,070 --> 01:17:54,880

a human the the basically is the

2212

01:17:58,070 --> 01:17:56,080

blueprint

2213

01:17:59,430 --> 01:17:58,080

for where you want to end up that's more

2214

01:18:00,950 --> 01:17:59,440

of how he's treated

2215

01:18:02,870 --> 01:18:00,960

you pray to him but you're not praying

2216

01:18:04,550 --> 01:18:02,880

to him to give you magic and riches and

2217

01:18:08,149 --> 01:18:04,560

to do all those things and to

2218

01:18:11,350 --> 01:18:08,159

save you you're praying to him

2219

01:18:13,189 --> 01:18:11,360

to kind of help you on your path

2220

01:18:15,270 --> 01:18:13,199

you're saying you were able to do it

2221

01:18:16,470 --> 01:18:15,280

help me to be able to do it help me to

2222

01:18:17,910 --> 01:18:16,480

figure this out

2223

01:18:20,790 --> 01:18:17,920

that's really what you're asking for

2224

01:18:23,910 --> 01:18:20,800

you're not asking for hey buddha can you

2225

01:18:27,189 --> 01:18:23,920

help me to get this job

2226

01:18:29,669 --> 01:18:27,199

it's hey buddha my how to it

2227

01:18:31,350 --> 01:18:29,679

you know kind of give me the ability to

2228

01:18:31,669 --> 01:18:31,360

kind of develop my life it's kind of

2229

01:18:34,630 --> 01:18:31,679

more

2230

01:18:35,750 --> 01:18:34,640

like that it's not he's not a god

2231

01:18:37,110 --> 01:18:35,760

because there's the acknowledgement of

2232

01:18:40,149 --> 01:18:37,120

there is not really a

2233

01:18:42,470 --> 01:18:40,159

specific god you go to a temple and yes

2234

01:18:43,830 --> 01:18:42,480

you'll see giant statues of buddha

2235

01:18:45,830 --> 01:18:43,840

you will see people praying light

2236

01:18:46,229 --> 01:18:45,840

incense but again they're asking more

2237

01:18:51,110 --> 01:18:46,239

for

2238

01:18:52,870 --> 01:18:51,120

in that same kind of way they're not

2239

01:18:55,110 --> 01:18:52,880

giving him thanks for what he's done for

2240

01:18:57,350 --> 01:18:55,120

them it's how do i navigate this

2241

01:18:59,110 --> 01:18:57,360

situation because you

2242

01:19:01,510 --> 01:18:59,120

you should know because you've already

2243

01:19:02,870 --> 01:19:01,520

gone through this

2244

01:19:04,229 --> 01:19:02,880

that's interesting i was going to ask

2245

01:19:04,790 --> 01:19:04,239

you to if you could talk a little bit

2246

01:19:07,990 --> 01:19:04,800

about

2247

01:19:09,990 --> 01:19:08,000

things like the rituals of incense and

2248

01:19:11,510 --> 01:19:10,000

like i'm sure we've all seen in a

2249

01:19:13,830 --> 01:19:11,520

chinese restaurant where they have a

2250

01:19:15,110 --> 01:19:13,840

little altered buddha and they put fruit

2251

01:19:16,229 --> 01:19:15,120

and things like that can you talk a

2252

01:19:18,470 --> 01:19:16,239

little bit about what

2253

01:19:19,669 --> 01:19:18,480

what why do people do that is that

2254

01:19:22,149 --> 01:19:19,679

because of impermanence

2255

01:19:23,910 --> 01:19:22,159

or what is what is the significance of

2256

01:19:28,070 --> 01:19:23,920

the offerings that people

2257

01:19:31,110 --> 01:19:28,080

do so the offering is really

2258

01:19:34,310 --> 01:19:31,120

what any offering would be it's that

2259

01:19:35,990 --> 01:19:34,320

i'm giving this to you as

2260

01:19:37,750 --> 01:19:36,000

a thanks for helping me with this

2261

01:19:39,430 --> 01:19:37,760

situation

2262

01:19:41,430 --> 01:19:39,440

um so that you're gonna so that's what

2263

01:19:42,950 --> 01:19:41,440

you're gonna see in a

2264

01:19:45,030 --> 01:19:42,960

chinese restaurant the reason they have

2265

01:19:48,470 --> 01:19:45,040

that little altar is they're giving an

2266

01:19:50,149 --> 01:19:48,480

offering to say hey i'm trying to have

2267

01:19:51,430 --> 01:19:50,159

this my chinese food restaurant be

2268

01:19:53,510 --> 01:19:51,440

successful

2269

01:19:54,470 --> 01:19:53,520

so let me give you this fruit that i

2270

01:19:58,550 --> 01:19:54,480

know that you like

2271

01:20:03,669 --> 01:20:01,910

as basically as a payment

2272

01:20:05,669 --> 01:20:03,679

to help to continue helping me that's

2273

01:20:06,790 --> 01:20:05,679

kind of how it works and why it's done

2274

01:20:10,149 --> 01:20:06,800

that way

2275

01:20:12,709 --> 01:20:10,159

um the incense is lit

2276

01:20:14,310 --> 01:20:12,719

because it's considered that the smoke

2277

01:20:17,189 --> 01:20:14,320

from the incense

2278

01:20:17,990 --> 01:20:17,199

is what's taking your message to whoever

2279

01:20:20,790 --> 01:20:18,000

that's interesting

2280

01:20:22,390 --> 01:20:20,800

yeah if you like incense and you say a

2281

01:20:23,030 --> 01:20:22,400

prayer and you put it into the incense

2282

01:20:26,310 --> 01:20:23,040

holder

2283

01:20:27,910 --> 01:20:26,320

if it stops burning halfway that's

2284

01:20:30,629 --> 01:20:27,920

considered bad luck

2285

01:20:31,750 --> 01:20:30,639

your message again you burned your good

2286

01:20:35,510 --> 01:20:31,760

incense then

2287

01:20:36,470 --> 01:20:35,520

yeah so really i guess i wanted to ask

2288

01:20:38,070 --> 01:20:36,480

you also

2289

01:20:39,590 --> 01:20:38,080

and then we will get to some questions

2290

01:20:42,709 --> 01:20:39,600

from the live chat

2291

01:20:45,189 --> 01:20:42,719

about the buddhist beliefs about

2292

01:20:46,310 --> 01:20:45,199

monogamy and marriage and things like

2293

01:20:48,229 --> 01:20:46,320

that because i think there's some

2294

01:20:51,590 --> 01:20:48,239

confusion about that

2295

01:20:54,550 --> 01:20:51,600

sometimes i mean i think

2296

01:20:55,990 --> 01:20:54,560

i think that there is um because

2297

01:20:58,790 --> 01:20:56,000

technically

2298

01:21:00,950 --> 01:20:58,800

there is no marriage yeah that's what i

2299

01:21:03,750 --> 01:21:00,960

uh

2300

01:21:04,149 --> 01:21:03,760

that was great to me right you're not

2301
01:21:07,590 --> 01:21:04,159
gonna

2302
01:21:09,590 --> 01:21:07,600
say hey i wanna get married and a monk's

2303
01:21:11,910 --> 01:21:09,600
not gonna marry you

2304
01:21:12,709 --> 01:21:11,920
that's not gonna happen um instead i

2305
01:21:15,590 --> 01:21:12,719
mean there are

2306
01:21:15,990 --> 01:21:15,600
i mean people do get married but it's

2307
01:21:18,709 --> 01:21:16,000
not

2308
01:21:20,470 --> 01:21:18,719
in the same like you would do it

2309
01:21:21,590 --> 01:21:20,480
basically i'll be honest with you when

2310
01:21:25,030 --> 01:21:21,600
you get married you're

2311
01:21:27,940 --> 01:21:25,040
basically getting married in a um

2312
01:21:30,390 --> 01:21:27,950
non-related ceremony in a legal setting

2313
01:21:33,110 --> 01:21:30,400

[Applause]

2314

01:21:34,870 --> 01:21:33,120

and ceremonies that happen within that

2315

01:21:37,030 --> 01:21:34,880

but within buddhism itself there's not

2316

01:21:38,950 --> 01:21:37,040

specifically like marriage ceremonies

2317

01:21:41,189 --> 01:21:38,960

you're having cruel marriage ceremonies

2318

01:21:43,430 --> 01:21:41,199

but not like religious

2319

01:21:46,310 --> 01:21:43,440

and how do buddhists feel about adultery

2320

01:21:48,629 --> 01:21:46,320

or people that are

2321

01:21:50,550 --> 01:21:48,639

like what do you call it uh you have

2322

01:21:55,350 --> 01:21:50,560

multiple partners or

2323

01:21:56,149 --> 01:21:55,360

whatever i think that the idea is that

2324

01:21:58,470 --> 01:21:56,159

if

2325

01:22:00,149 --> 01:21:58,480

you're committing adultery on someone

2326

01:22:03,910 --> 01:22:00,159

without their knowledge

2327

01:22:07,270 --> 01:22:03,920

that's considered bad sure

2328

01:22:09,430 --> 01:22:07,280

if you're an open polygamist or openly

2329

01:22:11,030 --> 01:22:09,440

polyamorous that's the word i was

2330

01:22:12,950 --> 01:22:11,040

looking for oh yeah

2331

01:22:14,629 --> 01:22:12,960

and everyone knows everyone in this

2332

01:22:15,990 --> 01:22:14,639

situation knows and everyone's okay with

2333

01:22:17,910 --> 01:22:16,000

it buddhism doesn't care

2334

01:22:19,270 --> 01:22:17,920

they only care if you're hurting someone

2335

01:22:21,270 --> 01:22:19,280

sure

2336

01:22:23,430 --> 01:22:21,280

so if you're not hurting anyone and

2337

01:22:26,470 --> 01:22:23,440

you're not hurting yourself

2338

01:22:29,510 --> 01:22:28,390

that gay marriage is okay they don't

2339

01:22:31,270 --> 01:22:29,520

care

2340

01:22:32,950 --> 01:22:31,280

yeah and you can definitely be gay and

2341

01:22:33,750 --> 01:22:32,960

be a buddhist and nobody will judge you

2342

01:22:35,990 --> 01:22:33,760

or tell you're not

2343

01:22:38,310 --> 01:22:36,000

you can't come to their temple right

2344

01:22:43,270 --> 01:22:38,320

correct and also buddhism

2345

01:22:45,430 --> 01:22:43,280

makes it so that if disclosure happened

2346

01:22:47,189 --> 01:22:45,440

it wouldn't affect buddhism if aliens

2347

01:22:49,189 --> 01:22:47,199

turned out to be real

2348

01:22:50,470 --> 01:22:49,199

this is interesting yeah it's not a

2349

01:22:52,070 --> 01:22:50,480

psychologist

2350

01:22:55,110 --> 01:22:52,080

let's talk a little bit about that so

2351

01:22:58,790 --> 01:22:55,120

why if we if if we found out tomorrow

2352

01:23:00,149 --> 01:22:58,800

that angels or that aliens are real

2353

01:23:01,990 --> 01:23:00,159

uh a lot of people think that there

2354

01:23:03,590 --> 01:23:02,000

would be religious turmoil and there

2355

01:23:05,750 --> 01:23:03,600

probably certainly would i think the

2356

01:23:07,669 --> 01:23:05,760

vatican has sort of gotten ahead of it

2357

01:23:09,270 --> 01:23:07,679

by basically putting out statements

2358

01:23:09,910 --> 01:23:09,280

saying that they would just be like our

2359

01:23:13,030 --> 01:23:09,920

brothers

2360

01:23:14,070 --> 01:23:13,040

just another you know form of god

2361

01:23:15,430 --> 01:23:14,080

created them too

2362

01:23:17,350 --> 01:23:15,440

it wouldn't really affect us but in

2363

01:23:20,310 --> 01:23:17,360

buddhism it wouldn't affect it

2364

01:23:21,430 --> 01:23:20,320

why is that well it's because one we

2365

01:23:24,070 --> 01:23:21,440

don't you don't have

2366

01:23:25,590 --> 01:23:24,080

that whole creator god right so you

2367

01:23:27,590 --> 01:23:25,600

don't have that idea of

2368

01:23:30,550 --> 01:23:27,600

humanity is special being created with

2369

01:23:32,629 --> 01:23:30,560

intelligent design by god

2370

01:23:33,990 --> 01:23:32,639

instead you have the universe was

2371

01:23:37,590 --> 01:23:34,000

created at some

2372

01:23:40,870 --> 01:23:37,600

point through energy

2373

01:23:42,470 --> 01:23:40,880

and you could and on this same level

2374

01:23:43,590 --> 01:23:42,480

that we're on you could be born as a

2375

01:23:45,669 --> 01:23:43,600

human on earth

2376

01:23:47,830 --> 01:23:45,679

or you could also be born in the same

2377

01:23:49,510 --> 01:23:47,840

vibration of the equivalent of a human

2378

01:23:51,669 --> 01:23:49,520

but just somewhere physically different

2379

01:23:54,550 --> 01:23:51,679

which could make you an alien

2380

01:23:55,910 --> 01:23:54,560

um there's nothing preventing that it's

2381

01:23:57,590 --> 01:23:55,920

really just another option for you to

2382

01:23:58,629 --> 01:23:57,600

reincarnate into and they're not better

2383

01:24:00,149 --> 01:23:58,639

or worse than us

2384

01:24:02,229 --> 01:24:00,159

technically because if you can interact

2385

01:24:03,350 --> 01:24:02,239

with them then they're on the same realm

2386

01:24:06,470 --> 01:24:03,360

as you

2387

01:24:08,070 --> 01:24:06,480

so really it doesn't matter yeah

2388

01:24:12,550 --> 01:24:08,080

i always thought that was a little i was

2389

01:24:17,350 --> 01:24:15,830

because i i know i know a fundamentalist

2390

01:24:19,189 --> 01:24:17,360

christian who absolutely said

2391

01:24:21,510 --> 01:24:19,199

there's no such thing as aliens because

2392

01:24:23,669 --> 01:24:21,520

god created us and no other people

2393

01:24:24,709 --> 01:24:23,679

and i like that's how do you know that

2394

01:24:26,470 --> 01:24:24,719

like how can you be so

2395

01:24:28,870 --> 01:24:26,480

sure that what's in the blood you know

2396

01:24:31,350 --> 01:24:28,880

it's in the bible it's in the bible

2397

01:24:32,950 --> 01:24:31,360

yeah so that's interesting so aliens are

2398

01:24:35,030 --> 01:24:32,960

compatible with

2399

01:24:36,149 --> 01:24:35,040

with buddhism then and we can be

2400

01:24:38,790 --> 01:24:36,159

reincarnated in an

2401
01:24:41,030 --> 01:24:38,800
alien world in an alien as a different

2402
01:24:45,430 --> 01:24:41,040
alien sort of species

2403
01:24:49,590 --> 01:24:48,070
that's interesting i always found

2404
01:24:50,470 --> 01:24:49,600
something some of the stuff of the dalai

2405
01:24:52,950 --> 01:24:50,480
lama

2406
01:24:54,550 --> 01:24:52,960
a little crazy though like i'm not gonna

2407
01:24:55,270 --> 01:24:54,560
say that the dalai lama is a perfect

2408
01:24:57,030 --> 01:24:55,280
person

2409
01:24:58,310 --> 01:24:57,040
no no but i think he's a good man i

2410
01:25:01,110 --> 01:24:58,320
think he's a good man

2411
01:25:02,149 --> 01:25:01,120
trying to help but it's just it's not

2412
01:25:04,950 --> 01:25:02,159
even him it's the

2413
01:25:05,510 --> 01:25:04,960

traditions that they have like like they

2414

01:25:07,910 --> 01:25:05,520

know

2415

01:25:08,709 --> 01:25:07,920

where he reincarnated and they found him

2416

01:25:11,750 --> 01:25:08,719

as a child

2417

01:25:11,990 --> 01:25:11,760

you know it's just yeah so yeah for

2418

01:25:14,550 --> 01:25:12,000

people

2419

01:25:16,390 --> 01:25:14,560

that don't know the dalai lama is a role

2420

01:25:17,750 --> 01:25:16,400

that gets ring like i said buddha has

2421

01:25:18,709 --> 01:25:17,760

existed and is one person that's

2422

01:25:21,510 --> 01:25:18,719

reincarnated

2423

01:25:22,310 --> 01:25:21,520

seven times maybe eight the dalai lama

2424

01:25:24,229 --> 01:25:22,320

is the same

2425

01:25:26,470 --> 01:25:24,239

sort of role it's a spiritual leader but

2426

01:25:29,510 --> 01:25:26,480

it's it's supposedly the same

2427

01:25:31,669 --> 01:25:29,520

soul being born over and over again into

2428

01:25:33,750 --> 01:25:31,679

different bodies

2429

01:25:34,790 --> 01:25:33,760

that don't know when the dalai lama dies

2430

01:25:36,790 --> 01:25:34,800

the monks and

2431

01:25:39,350 --> 01:25:36,800

his and his closest followers will go

2432

01:25:43,030 --> 01:25:39,360

running around looking for

2433

01:25:45,189 --> 01:25:43,040

his reincarnate body correct

2434

01:25:48,070 --> 01:25:45,199

they have some sort of text right did

2435

01:25:50,229 --> 01:25:48,080

you did you test to determine

2436

01:25:51,830 --> 01:25:50,239

determine if it's him and everything

2437

01:25:52,870 --> 01:25:51,840

here's the interesting thing though they

2438

01:25:55,510 --> 01:25:52,880

have said and

2439

01:25:56,550 --> 01:25:55,520

the dalai lama has said this that the

2440

01:25:59,750 --> 01:25:56,560

next dalai lama

2441

01:26:01,590 --> 01:25:59,760

has already been born so actually it's a

2442

01:26:03,270 --> 01:26:01,600

different individual like this is his

2443

01:26:05,910 --> 01:26:03,280

last life this is basically

2444

01:26:07,990 --> 01:26:05,920

this i heard that this is his

2445

01:26:10,709 --> 01:26:08,000

information yeah so he better get busy

2446

01:26:11,990 --> 01:26:10,719

on the path to enlightenment then right

2447

01:26:14,310 --> 01:26:12,000

and his

2448

01:26:16,310 --> 01:26:14,320

replacement of the new whatever dalai

2449

01:26:19,350 --> 01:26:16,320

lama equivalent is has already been born

2450

01:26:22,310 --> 01:26:19,360

they've already identified him

2451

01:26:23,350 --> 01:26:22,320

i don't know but yes yeah that's

2452

01:26:25,189 --> 01:26:23,360

interesting it's a little

2453

01:26:26,390 --> 01:26:25,199

it's a little strange and alien to a

2454

01:26:29,830 --> 01:26:26,400

western person

2455

01:26:33,030 --> 01:26:29,840

but it's pretty widely accepted in in in

2456

01:26:33,350 --> 01:26:33,040

you know in this sort of eastern culture

2457

01:26:35,189 --> 01:26:33,360

that

2458

01:26:36,390 --> 01:26:35,199

yeah they just go and they find his new

2459

01:26:38,709 --> 01:26:36,400

incarnate

2460

01:26:40,790 --> 01:26:38,719

and he's the new leader and then they

2461

01:26:44,390 --> 01:26:40,800

take him in as a child and teach him and

2462

01:26:47,430 --> 01:26:44,400

you know yeah it's pretty interesting

2463

01:26:48,830 --> 01:26:47,440

it is and there's actually been funnily

2464

01:26:51,910 --> 01:26:48,840

enough a few

2465

01:26:54,070 --> 01:26:51,920

um depictions of this

2466

01:26:55,990 --> 01:26:54,080

but specifically with the dalai lama

2467

01:26:58,310 --> 01:26:56,000

incarnation and like that whole idea

2468

01:26:59,669 --> 01:26:58,320

like these ideas of being incarnated in

2469

01:27:01,510 --> 01:26:59,679

the testing

2470

01:27:02,790 --> 01:27:01,520

there's funnily enough an episode of

2471

01:27:05,910 --> 01:27:02,800

king of the hill

2472

01:27:07,350 --> 01:27:05,920

where they just i saw that yeah i know

2473

01:27:08,070 --> 01:27:07,360

exactly what you're talking about yeah

2474

01:27:10,470 --> 01:27:08,080

and then also

2475

01:27:12,550 --> 01:27:10,480

a movie um called little buddha with

2476

01:27:14,470 --> 01:27:12,560

piano reeves that talks about it where

2477

01:27:15,669 --> 01:27:14,480

it's the idea that these there's three

2478

01:27:17,110 --> 01:27:15,679

children that are possibly the

2479

01:27:19,830 --> 01:27:17,120

incarnation of buddha which

2480

01:27:20,390 --> 01:27:19,840

isn't something that would happen but

2481

01:27:21,830 --> 01:27:20,400

that's the

2482

01:27:23,669 --> 01:27:21,840

but basically they're trying to figure

2483

01:27:25,189 --> 01:27:23,679

out which one of these three is the one

2484

01:27:26,709 --> 01:27:25,199

and it turns out all three of them long

2485

01:27:28,550 --> 01:27:26,719

story but

2486

01:27:31,430 --> 01:27:28,560

the there are representations of this

2487

01:27:33,430 --> 01:27:31,440

whole idea of going to find the child

2488

01:27:34,950 --> 01:27:33,440

testing them to make sure and then

2489

01:27:37,030 --> 01:27:34,960

confirming and then training them or

2490

01:27:39,350 --> 01:27:37,040

whatever however needs to be done

2491

01:27:40,310 --> 01:27:39,360

all right we're going to uh we're going

2492

01:27:41,669 --> 01:27:40,320

to get to

2493

01:27:43,669 --> 01:27:41,679

some questions from the audience but i

2494

01:27:45,270 --> 01:27:43,679

have one last question for you or really

2495

01:27:45,990 --> 01:27:45,280

it's just i want you to talk about

2496

01:27:48,550 --> 01:27:46,000

something that i

2497

01:27:49,350 --> 01:27:48,560

see happen all the time and it bothers

2498

01:27:51,030 --> 01:27:49,360

me

2499

01:27:53,110 --> 01:27:51,040

uh there's a lot of people in the new

2500

01:27:55,910 --> 01:27:53,120

age sort of consciousness

2501

01:27:57,750 --> 01:27:55,920

community that are very quick to sell

2502

01:28:00,709 --> 01:27:57,760

you meditation courses

2503

01:28:02,310 --> 01:28:00,719

yes and uh some of those courses i saw

2504

01:28:05,350 --> 01:28:02,320

one that was like

2505

01:28:08,149 --> 01:28:05,360

over 300 and it's you know

2506

01:28:09,510 --> 01:28:08,159

uh so one of the things that i always

2507

01:28:11,350 --> 01:28:09,520

tell people is that there's these

2508

01:28:12,790 --> 01:28:11,360

buddhist societies you can look them up

2509

01:28:13,990 --> 01:28:12,800

on the internet and if you just send

2510

01:28:16,870 --> 01:28:14,000

them postage they'll

2511

01:28:19,110 --> 01:28:16,880

send you a hundred books on buddhism and

2512

01:28:21,669 --> 01:28:19,120

meditation how to meditate

2513

01:28:23,590 --> 01:28:21,679

if you visit any buddhist uh

2514

01:28:26,070 --> 01:28:23,600

organization they'll give you books or

2515

01:28:28,470 --> 01:28:26,080

you give them a small gift for the book

2516

01:28:29,590 --> 01:28:28,480

so i just wanted you to talk about that

2517

01:28:31,590 --> 01:28:29,600

where can people

2518

01:28:33,590 --> 01:28:31,600

learn more about buddhism about

2519

01:28:34,709 --> 01:28:33,600

meditation in a way that it's not going

2520

01:28:37,910 --> 01:28:34,719

to be a 300

2521

01:28:39,189 --> 01:28:37,920

course you know yeah so what you're

2522

01:28:41,270 --> 01:28:39,199

going to want to do with

2523

01:28:42,550 --> 01:28:41,280

regards to that is you want to look for

2524

01:28:48,550 --> 01:28:42,560

local

2525

01:28:49,910 --> 01:28:48,560

and or temples even if you can find them

2526

01:28:51,430 --> 01:28:49,920

but you're it's going to be easier to

2527

01:28:52,390 --> 01:28:51,440

find a center like that shambhala center

2528

01:28:54,229 --> 01:28:52,400

that you're talking about in

2529

01:28:55,750 --> 01:28:54,239

philadelphia

2530

01:28:57,669 --> 01:28:55,760

places like that are going to be the

2531

01:28:59,590 --> 01:28:57,679

best places to look you don't want to

2532

01:29:01,030 --> 01:28:59,600

look for a guru

2533

01:29:02,790 --> 01:29:01,040

you don't want to look for someone that

2534

01:29:03,590 --> 01:29:02,800

says i'm going to be able to teach this

2535

01:29:06,310 --> 01:29:03,600

to you

2536

01:29:07,750 --> 01:29:06,320

what you want really is to get the

2537

01:29:10,390 --> 01:29:07,760

information from someone

2538

01:29:11,350 --> 01:29:10,400

who practices it spiritually for

2539

01:29:13,270 --> 01:29:11,360

personal reasons

2540

01:29:16,070 --> 01:29:13,280

not for financial reasons and isn't

2541

01:29:18,390 --> 01:29:16,080

trying to make a big deal out of it

2542

01:29:19,270 --> 01:29:18,400

um these because really there's these

2543

01:29:21,189 --> 01:29:19,280

traditions and

2544

01:29:22,470 --> 01:29:21,199

i'm gonna be honest with everyone that

2545

01:29:25,030 --> 01:29:22,480

meditation seems

2546

01:29:26,709 --> 01:29:25,040

intimidating but it's actually once you

2547

01:29:28,790 --> 01:29:26,719

realize what you're really doing

2548

01:29:30,149 --> 01:29:28,800

it's not that hard yeah i was scared as

2549

01:29:31,910 --> 01:29:30,159

hell when i first started doing it but i

2550

01:29:33,990 --> 01:29:31,920

think a lot of that was

2551
01:29:35,910 --> 01:29:34,000
was the priests echoing in my head that

2552
01:29:37,910 --> 01:29:35,920
that could be you know

2553
01:29:39,910 --> 01:29:37,920
that could lead to satan you start

2554
01:29:41,990 --> 01:29:39,920
meditating you know

2555
01:29:43,590 --> 01:29:42,000
that's how gets in your brain and you

2556
01:29:46,070 --> 01:29:43,600
know

2557
01:29:48,870 --> 01:29:46,080
yeah the biggest one for me is honestly

2558
01:29:50,790 --> 01:29:48,880
the ones that focus on impermanence

2559
01:29:53,189 --> 01:29:50,800
that has been the most helpful to me

2560
01:29:53,750 --> 01:29:53,199
because you just focus on for example

2561
01:29:57,189 --> 01:29:53,760
like

2562
01:29:57,910 --> 01:29:57,199
leaves falling from a tree and imagine

2563
01:30:00,390 --> 01:29:57,920

that leaf

2564

01:30:01,830 --> 01:30:00,400

degrading and turning into soil and the

2565

01:30:03,990 --> 01:30:01,840

microbes in the soil

2566

01:30:05,110 --> 01:30:04,000

and and then new plants growing from

2567

01:30:06,870 --> 01:30:05,120

that soil and

2568

01:30:08,229 --> 01:30:06,880

this whole idea of impermanence there's

2569

01:30:09,189 --> 01:30:08,239

all these different meditations but for

2570

01:30:10,950 --> 01:30:09,199

me that's

2571

01:30:13,270 --> 01:30:10,960

been one of the most helpful and

2572

01:30:15,830 --> 01:30:13,280

definitely this awareness

2573

01:30:17,350 --> 01:30:15,840

a lot of times people have issues with

2574

01:30:19,110 --> 01:30:17,360

controlling their emotions

2575

01:30:20,709 --> 01:30:19,120

and that's how this has helped me a

2576

01:30:23,830 --> 01:30:20,719

great deal because

2577

01:30:26,629 --> 01:30:23,840

instead of going from zero to 100 and

2578

01:30:28,070 --> 01:30:26,639

yelling now i have this sort of it gives

2579

01:30:29,510 --> 01:30:28,080

don't you think so that buddhism gives

2580

01:30:31,270 --> 01:30:29,520

you this sort of awareness like i'm

2581

01:30:31,990 --> 01:30:31,280

growing more anxious i'm growing more

2582

01:30:33,590 --> 01:30:32,000

tense

2583

01:30:35,270 --> 01:30:33,600

and then you learn to push it back

2584

01:30:38,070 --> 01:30:35,280

before it turns into

2585

01:30:40,470 --> 01:30:38,080

you just gain more control and mastery

2586

01:30:42,470 --> 01:30:40,480

of your own consciousness i think

2587

01:30:43,669 --> 01:30:42,480

right yeah no i agree with that and i

2588

01:30:45,350 --> 01:30:43,679

think that it's because it's through

2589

01:30:47,030 --> 01:30:45,360

meditation that you're able to do that

2590

01:30:48,790 --> 01:30:47,040

one i don't want people to shy away from

2591

01:30:50,229 --> 01:30:48,800

guided meditation because they're not

2592

01:30:53,270 --> 01:30:50,239

going to hurt you

2593

01:30:56,470 --> 01:30:53,280

if you can't sit down with music or

2594

01:30:57,750 --> 01:30:56,480

silence and just have nothing if that's

2595

01:30:59,510 --> 01:30:57,760

hard for you it's okay

2596

01:31:01,350 --> 01:30:59,520

to use music or to use a guided

2597

01:31:02,149 --> 01:31:01,360

meditation to help you get used to the

2598

01:31:05,030 --> 01:31:02,159

idea

2599

01:31:06,790 --> 01:31:05,040

to get used to getting into that space

2600

01:31:08,149 --> 01:31:06,800

and really clearing your head

2601

01:31:09,750 --> 01:31:08,159

the other thing is that when you

2602

01:31:10,950 --> 01:31:09,760

meditate and but you're doing it by

2603

01:31:13,430 --> 01:31:10,960

yourself the first time

2604

01:31:14,629 --> 01:31:13,440

the goal isn't to think people are like

2605

01:31:15,750 --> 01:31:14,639

i'm gonna think of nothing

2606

01:31:17,669 --> 01:31:15,760

and then they sit there and all they're

2607

01:31:18,870 --> 01:31:17,679

like nothing nothing no

2608

01:31:20,709 --> 01:31:18,880

you're gonna have thoughts come and go

2609

01:31:21,430 --> 01:31:20,719

but i learned that you just push them

2610

01:31:22,709 --> 01:31:21,440

back

2611

01:31:24,390 --> 01:31:22,719

yes and that's when you have an

2612

01:31:25,510 --> 01:31:24,400

awareness like now i'm starting to worry

2613

01:31:28,470 --> 01:31:25,520

about

2614

01:31:28,870 --> 01:31:28,480

my marriage right now and letting it get

2615

01:31:31,669 --> 01:31:28,880

back

2616

01:31:33,030 --> 01:31:31,679

yeah yeah and that's really what you're

2617

01:31:37,030 --> 01:31:33,040

trying to do it's not

2618

01:31:39,669 --> 01:31:37,040

it's totally still mine it's the ability

2619

01:31:41,830 --> 01:31:39,679

to let thoughts go is really what we're

2620

01:31:43,830 --> 01:31:41,840

looking at with meditation

2621

01:31:45,270 --> 01:31:43,840

so that that's really what you're trying

2622

01:31:46,870 --> 01:31:45,280

to do and that's how you get that

2623

01:31:48,790 --> 01:31:46,880

awareness if you're talking about

2624

01:31:51,270 --> 01:31:48,800

kind of being a better connection with

2625

01:31:55,030 --> 01:31:53,189

because what if once you reach kind of

2626

01:31:57,189 --> 01:31:55,040

that point of calmness and really kind

2627

01:31:58,790 --> 01:31:57,199

of being able to let those thoughts go

2628

01:32:00,629 --> 01:31:58,800

then you realize that that's kind of

2629

01:32:02,229 --> 01:32:00,639

your baseline

2630

01:32:04,470 --> 01:32:02,239

um and then when you can see yourself

2631

01:32:05,750 --> 01:32:04,480

kind of going into that anxiety or those

2632

01:32:07,030 --> 01:32:05,760

problems that's how you're able to

2633

01:32:08,709 --> 01:32:07,040

notice because you have to have that

2634

01:32:10,070 --> 01:32:08,719

zero baseline to know when you're

2635

01:32:11,990 --> 01:32:10,080

getting out of hand yeah it gives you

2636

01:32:15,030 --> 01:32:12,000

greater awareness i remember the day

2637

01:32:16,310 --> 01:32:15,040

that i after really going to the center

2638

01:32:17,910 --> 01:32:16,320

for a long time and taking a bunch of

2639

01:32:18,870 --> 01:32:17,920

meditation courses and getting really

2640

01:32:20,709 --> 01:32:18,880

into it

2641

01:32:22,870 --> 01:32:20,719

i remember this specific day where i

2642

01:32:25,510 --> 01:32:22,880

went this buddhism is

2643

01:32:27,189 --> 01:32:25,520

it's this thing is so helpful to my life

2644

01:32:28,709 --> 01:32:27,199

because i was in a supermarket and there

2645

01:32:30,870 --> 01:32:28,719

was an old lady

2646

01:32:32,550 --> 01:32:30,880

with a thousand coupons in front of and

2647

01:32:34,629 --> 01:32:32,560

i was buying like three things

2648

01:32:36,390 --> 01:32:34,639

she's got like a thousand coupons she's

2649

01:32:39,830 --> 01:32:36,400

paying with like

2650

01:32:42,149 --> 01:32:39,840

you know exact change just

2651
01:32:43,669 --> 01:32:42,159
but i remember feeling like i'm getting

2652
01:32:44,709 --> 01:32:43,679
more anxious this lady's starting to

2653
01:32:47,350 --> 01:32:44,719
bother me

2654
01:32:48,709 --> 01:32:47,360
and then i realized that i was getting

2655
01:32:50,790 --> 01:32:48,719
impatient and

2656
01:32:52,870 --> 01:32:50,800
and anxious and i was able to push it

2657
01:32:54,790 --> 01:32:52,880
back and smile at her

2658
01:32:56,470 --> 01:32:54,800
and realize that someday i'm going to be

2659
01:32:59,430 --> 01:32:56,480
that old lady that needs

2660
01:33:01,910 --> 01:32:59,440
a hundred coupons right you know and i

2661
01:33:03,669 --> 01:33:01,920
saw myself in her later and said

2662
01:33:06,310 --> 01:33:03,679
it's all good you know i even offered to

2663
01:33:08,310 --> 01:33:06,320

take her bags help her with the work

2664

01:33:09,910 --> 01:33:08,320

it's just that was the day that i

2665

01:33:10,550 --> 01:33:09,920

realized that i needed more of this in

2666

01:33:13,189 --> 01:33:10,560

my life

2667

01:33:14,870 --> 01:33:13,199

because previously i would have been

2668

01:33:17,189 --> 01:33:14,880

jesus christ you know god

2669

01:33:18,709 --> 01:33:17,199

you know come on lady you know or

2670

01:33:19,910 --> 01:33:18,719

whatever i would have been probably

2671

01:33:21,590 --> 01:33:19,920

would have been rude to her

2672

01:33:22,709 --> 01:33:21,600

because she really held the line up for

2673

01:33:24,390 --> 01:33:22,719

like 10 minutes and there's people

2674

01:33:26,790 --> 01:33:24,400

behind me that were getting pissed off

2675

01:33:28,709 --> 01:33:26,800

you know but it gives us a little more

2676

01:33:31,030 --> 01:33:28,719

awareness of our emotions before they

2677

01:33:33,510 --> 01:33:31,040

just go from zero to 100

2678

01:33:34,550 --> 01:33:33,520

yes exactly well if we have comments or

2679

01:33:37,910 --> 01:33:34,560

questions

2680

01:33:39,590 --> 01:33:37,920

for uh for kelly uh put him in

2681

01:33:41,110 --> 01:33:39,600

all caps i don't want to keep you for

2682

01:33:42,629 --> 01:33:41,120

too long it's the day before

2683

01:33:45,110 --> 01:33:42,639

thanksgiving i hope you have some good

2684

01:33:49,430 --> 01:33:45,120

plans right

2685

01:33:49,990 --> 01:33:49,440

i mean i covered kind of ruined yeah

2686

01:33:52,390 --> 01:33:50,000

well we're

2687

01:33:53,990 --> 01:33:52,400

only doing i'm here's what i'm most

2688

01:33:56,550 --> 01:33:54,000

angry about

2689

01:33:57,830 --> 01:33:56,560

my mother-in-law is an amazing cook the

2690

01:34:00,470 --> 01:33:57,840

best cook i know

2691

01:34:01,030 --> 01:34:00,480

and she has her gravy that she cooks all

2692

01:34:03,270 --> 01:34:01,040

day

2693

01:34:05,590 --> 01:34:03,280

turkey gravy everybody rants better

2694

01:34:06,950 --> 01:34:05,600

gravy i didn't get her gravy last year

2695

01:34:08,709 --> 01:34:06,960

because something was going on and we

2696

01:34:11,189 --> 01:34:08,719

just had thanksgiving and now

2697

01:34:12,950 --> 01:34:11,199

they had coconut cases in her house that

2698

01:34:13,430 --> 01:34:12,960

they've just recovered from so we can't

2699

01:34:18,310 --> 01:34:13,440

go

2700

01:34:21,030 --> 01:34:18,320

my mother-in-law

2701
01:34:21,350 --> 01:34:21,040
yeah these are perfect world problems

2702
01:34:22,709 --> 01:34:21,360
though

2703
01:34:24,550 --> 01:34:22,719
this is the worst thing i have to deal

2704
01:34:26,470 --> 01:34:24,560
with it's okay we're gonna have a great

2705
01:34:29,590 --> 01:34:26,480
deal here with just the four of us

2706
01:34:30,629 --> 01:34:29,600
and uh yeah so questions or comments put

2707
01:34:35,910 --> 01:34:30,639
them in all

2708
01:34:37,030 --> 01:34:35,920
take some comments jeanette go to your

2709
01:34:38,790 --> 01:34:37,040
happy place

2710
01:34:40,310 --> 01:34:38,800
you saw in your meditation or pinch your

2711
01:34:41,350 --> 01:34:40,320
hand while meditating then you just

2712
01:34:44,470 --> 01:34:41,360
pinch it

2713
01:34:47,990 --> 01:34:44,480

and your body remembers maybe yeah i've

2714

01:34:52,470 --> 01:34:50,229

yeah family is great we're all good and

2715

01:34:53,830 --> 01:34:52,480

my extended family the few who got

2716

01:34:55,350 --> 01:34:53,840

covered all in my mother-in-law's

2717

01:34:55,990 --> 01:34:55,360

household i think there was three of

2718

01:35:00,709 --> 01:34:56,000

them

2719

01:35:03,270 --> 01:35:00,719

recovered i think they just had

2720

01:35:05,590 --> 01:35:03,280

pretty mild symptoms so oh that's good

2721

01:35:06,790 --> 01:35:05,600

no complaints so any questions put them

2722

01:35:08,390 --> 01:35:06,800

in all caps

2723

01:35:09,669 --> 01:35:08,400

otherwise i'll start asking her more

2724

01:35:11,109 --> 01:35:09,679

questions because i could keep her here

2725

01:35:12,470 --> 01:35:11,119

for five more hours but i don't want to

2726

01:35:15,189 --> 01:35:12,480

do that to her

2727

01:35:15,590 --> 01:35:15,199

because yeah do you you know do you know

2728

01:35:18,709 --> 01:35:15,600

how

2729

01:35:20,149 --> 01:35:18,719

uh i feel a little uh you know like you

2730

01:35:23,030 --> 01:35:20,159

and i are friendly

2731

01:35:24,870 --> 01:35:23,040

and uh closer in age so like when i go

2732

01:35:26,390 --> 01:35:24,880

to these places i feel a little

2733

01:35:28,149 --> 01:35:26,400

like some of these questions that i

2734

01:35:29,910 --> 01:35:28,159

asked you i would want to ask the monks

2735

01:35:31,830 --> 01:35:29,920

but i feel a little funny

2736

01:35:33,910 --> 01:35:31,840

you know feel a little intimidated by

2737

01:35:35,750 --> 01:35:33,920

those guys i'm always fascinated by

2738

01:35:37,030 --> 01:35:35,760

some of these monks though i visited one

2739

01:35:40,070 --> 01:35:37,040

place

2740

01:35:41,590 --> 01:35:40,080

where monks lived and they literally had

2741

01:35:43,830 --> 01:35:41,600

the begging bowl on their

2742

01:35:45,270 --> 01:35:43,840

porch and i got to learn all about that

2743

01:35:46,870 --> 01:35:45,280

and these guys

2744

01:35:48,470 --> 01:35:46,880

didn't eat unless people from the

2745

01:35:50,070 --> 01:35:48,480

community brought them food and

2746

01:35:53,189 --> 01:35:50,080

that's another interesting concept of

2747

01:35:57,030 --> 01:35:55,270

oh here we go kelly being the great

2748

01:35:59,030 --> 01:35:57,040

diversity in religions and beliefs

2749

01:36:00,470 --> 01:35:59,040

is there a general path and all people

2750

01:36:02,390 --> 01:36:00,480

take when choosing their religion of

2751
01:36:04,390 --> 01:36:02,400
choice like a reason why they choose

2752
01:36:07,830 --> 01:36:04,400
such

2753
01:36:09,189 --> 01:36:07,840
wait being the great diversity

2754
01:36:10,790 --> 01:36:09,199
or is he saying being there is great

2755
01:36:12,310 --> 01:36:10,800
diversity there is great diversity and

2756
01:36:12,870 --> 01:36:12,320
religions and belief is there a general

2757
01:36:14,629 --> 01:36:12,880
path in

2758
01:36:16,390 --> 01:36:14,639
all that people take when choosing their

2759
01:36:18,470 --> 01:36:16,400
religion of choice like a reason why

2760
01:36:19,990 --> 01:36:18,480
they choose it

2761
01:36:22,149 --> 01:36:20,000
i mean i think the people are going to

2762
01:36:25,270 --> 01:36:22,159
choose what

2763
01:36:25,830 --> 01:36:25,280

resonates with them the most if they if

2764

01:36:28,070 --> 01:36:25,840

they weren't

2765

01:36:30,149 --> 01:36:28,080

raised in a specific religion and were

2766

01:36:33,030 --> 01:36:30,159

conditioned to believe that based on

2767

01:36:34,550 --> 01:36:33,040

their family if it's someone you know

2768

01:36:35,750 --> 01:36:34,560

leaving a religion going to another one

2769

01:36:37,430 --> 01:36:35,760

trying to find one something kind of

2770

01:36:39,750 --> 01:36:37,440

similar to what you did

2771

01:36:40,950 --> 01:36:39,760

steven when you were kind of exploring

2772

01:36:42,550 --> 01:36:40,960

other options

2773

01:36:44,310 --> 01:36:42,560

yeah and i checked out everything i

2774

01:36:46,149 --> 01:36:44,320

checked out scientology

2775

01:36:47,990 --> 01:36:46,159

and that boy i thought those guys were

2776

01:36:48,470 --> 01:36:48,000

brainwashed weirdos and i ran out of

2777

01:36:51,510 --> 01:36:48,480

there

2778

01:36:55,030 --> 01:36:51,520

after getting one like they gave you the

2779

01:36:57,030 --> 01:36:55,040

that free first audit yeah

2780

01:37:00,390 --> 01:36:57,040

and somebody asked if you have been to

2781

01:37:05,109 --> 01:37:00,400

the temple by east ceti

2782

01:37:09,750 --> 01:37:05,119

oh it's genocide's wife renee

2783

01:37:14,629 --> 01:37:13,109

i have not been to that temple so when i

2784

01:37:17,669 --> 01:37:14,639

went to east setting

2785

01:37:18,870 --> 01:37:17,679

i was only there for two days everyone

2786

01:37:20,950 --> 01:37:18,880

else had been there for like four or

2787

01:37:22,390 --> 01:37:20,960

five days i was only there for two days

2788

01:37:24,070 --> 01:37:22,400

i didn't get a chance to go to that

2789

01:37:26,629 --> 01:37:24,080

temple in stupa

2790

01:37:27,990 --> 01:37:26,639

that's up near there but i have seen

2791

01:37:29,669 --> 01:37:28,000

pictures of it and i've heard great

2792

01:37:30,390 --> 01:37:29,679

stories about it a lot of people loved

2793

01:37:32,550 --> 01:37:30,400

it

2794

01:37:34,790 --> 01:37:32,560

i have to remember if i ever get there

2795

01:37:35,830 --> 01:37:34,800

and uh pragmatic says can we talk more

2796

01:37:38,390 --> 01:37:35,840

about

2797

01:37:40,149 --> 01:37:38,400

hirajik through the bardos i.e the

2798

01:37:43,430 --> 01:37:40,159

tibetan book of the dead

2799

01:37:45,350 --> 01:37:43,440

rituals so i'll be honest with you

2800

01:37:46,950 --> 01:37:45,360

i have the tibetan book of the dead um

2801
01:37:47,590 --> 01:37:46,960
but tibetan buddhism is something i

2802
01:37:50,629 --> 01:37:47,600
haven't

2803
01:37:51,990 --> 01:37:50,639
gone as deeply into it's one of those

2804
01:37:53,590 --> 01:37:52,000
things that i'm planning on going into

2805
01:37:55,430 --> 01:37:53,600
but i haven't

2806
01:37:56,870 --> 01:37:55,440
gotten there yet because the thing is

2807
01:37:58,390 --> 01:37:56,880
that there are a lot of differences with

2808
01:37:59,750 --> 01:37:58,400
tibetan buddhism yes it falls under

2809
01:38:03,270 --> 01:37:59,760
mahayana

2810
01:38:05,669 --> 01:38:03,280
but it's much more i would say mystical

2811
01:38:07,430 --> 01:38:05,679
it's much more and it does focus more on

2812
01:38:11,510 --> 01:38:07,440
the sutras

2813
01:38:15,189 --> 01:38:13,270

versus the other things that other the

2814

01:38:18,709 --> 01:38:15,199

the other uh versions of

2815

01:38:19,750 --> 01:38:18,719

the other texts okay a little harder so

2816

01:38:21,350 --> 01:38:19,760

i haven't gotten there yet so i can't

2817

01:38:22,310 --> 01:38:21,360

really answer that's the best way to put

2818

01:38:23,510 --> 01:38:22,320

it

2819

01:38:25,350 --> 01:38:23,520

and i just want to mention to people

2820

01:38:27,510 --> 01:38:25,360

that uh six design put

2821

01:38:29,910 --> 01:38:27,520

in the chat explaining esoterica you're

2822

01:38:32,870 --> 01:38:29,920

back now right you're back to street

2823

01:38:36,070 --> 01:38:32,880

officially back to streaming i'd taken

2824

01:38:37,990 --> 01:38:36,080

about five ish months off which seems

2825

01:38:39,669 --> 01:38:38,000

like a lot now that i think about it

2826

01:38:41,109 --> 01:38:39,679

yeah i think you're going longer than

2827

01:38:43,270 --> 01:38:41,119

that to me right

2828

01:38:44,629 --> 01:38:43,280

but yeah i've been gone honestly your

2829

01:38:46,470 --> 01:38:44,639

channel is one of those channels that i

2830

01:38:48,229 --> 01:38:46,480

catch up when i'm driving like if i had

2831

01:38:49,750 --> 01:38:48,239

to go to the cabin and you had a stream

2832

01:38:51,430 --> 01:38:49,760

that i missed i would put it on

2833

01:38:53,270 --> 01:38:51,440

when i was driving you know you and a

2834

01:38:55,350 --> 01:38:53,280

few other people that's how i catch up

2835

01:38:57,350 --> 01:38:55,360

and then you stop and stream and screwed

2836

01:38:58,950 --> 01:38:57,360

up my drive for so long because then i

2837

01:39:00,070 --> 01:38:58,960

was like well i guess i'm listening to

2838

01:39:01,910 --> 01:39:00,080

joe rogan again

2839

01:39:03,270 --> 01:39:01,920

or something i like listening to the

2840

01:39:04,950 --> 01:39:03,280

people that i know a little better and

2841

01:39:06,390 --> 01:39:04,960

see what they're doing on their shows so

2842

01:39:08,470 --> 01:39:06,400

the way that you're back

2843

01:39:10,229 --> 01:39:08,480

i'm glad to be back i've been back for

2844

01:39:11,990 --> 01:39:10,239

two two shows i'll be back again this

2845

01:39:14,870 --> 01:39:12,000

friday every friday i'm trying to go on

2846

01:39:16,310 --> 01:39:14,880

it seven not seven sorry seven p.m

2847

01:39:18,709 --> 01:39:16,320

pacific 10

2848

01:39:19,830 --> 01:39:18,719

10 p.m eastern uh unless you've been

2849

01:39:22,390 --> 01:39:19,840

able to have a schedule

2850

01:39:24,830 --> 01:39:22,400

i i the only time i can have a schedule

2851

01:39:28,070 --> 01:39:24,840

is when i have a guest and i have to

2852

01:39:30,390 --> 01:39:28,080

yeah you know it worked

2853

01:39:32,629 --> 01:39:30,400

brothers somebody had a good question uh

2854

01:39:33,990 --> 01:39:32,639

diana asks is there any room in buddhism

2855

01:39:37,189 --> 01:39:34,000

for intelligent design

2856

01:39:40,470 --> 01:39:37,199

or for disabled births not being karmic

2857

01:39:42,709 --> 01:39:40,480

so this for me oh sorry accidentally

2858

01:39:44,870 --> 01:39:42,719

clicked on button

2859

01:39:46,470 --> 01:39:44,880

i closed it i was gonna be like no no

2860

01:39:47,510 --> 01:39:46,480

you can get right back in if you do it's

2861

01:39:50,550 --> 01:39:47,520

okay

2862

01:39:51,990 --> 01:39:50,560

so um this is actually one of the things

2863

01:39:55,750 --> 01:39:52,000

that i have

2864

01:39:57,270 --> 01:39:55,760

a i take issue with within buddhism

2865

01:39:59,350 --> 01:39:57,280

this is a part of buddhism i don't

2866

01:40:02,550 --> 01:39:59,360

subscribe to

2867

01:40:05,750 --> 01:40:02,560

um because with regards specifically to

2868

01:40:09,669 --> 01:40:05,760

that disabled births not being karmic

2869

01:40:11,030 --> 01:40:09,679

the while i do believe in karma

2870

01:40:13,189 --> 01:40:11,040

and this is why i said earlier i don't

2871

01:40:14,709 --> 01:40:13,199

believe in reincarnation and the same

2872

01:40:17,109 --> 01:40:14,719

to the same degree that it gets brought

2873

01:40:19,590 --> 01:40:17,119

up in buddhism

2874

01:40:21,270 --> 01:40:19,600

this i take issue with in the idea that

2875

01:40:24,310 --> 01:40:21,280

any sort of

2876

01:40:28,229 --> 01:40:24,320

disability at birth um

2877

01:40:30,390 --> 01:40:28,239

any sort of tragic incident that happens

2878

01:40:31,750 --> 01:40:30,400

it's attributed to something that that

2879

01:40:33,109 --> 01:40:31,760

it's blamed on that person from

2880

01:40:34,229 --> 01:40:33,119

something from their previous life or

2881

01:40:35,750 --> 01:40:34,239

their current life

2882

01:40:37,189 --> 01:40:35,760

yeah and i have a big problem with this

2883

01:40:38,790 --> 01:40:37,199

obviously because i have an

2884

01:40:39,430 --> 01:40:38,800

eight-year-old son who's non-verbal

2885

01:40:41,030 --> 01:40:39,440

autistic

2886

01:40:43,350 --> 01:40:41,040

and the thought that he's paying for

2887

01:40:44,790 --> 01:40:43,360

some sin from a previous life i just

2888

01:40:47,189 --> 01:40:44,800

totally disagree with

2889

01:40:48,870 --> 01:40:47,199

yes so personally from me like not this

2890

01:40:50,870 --> 01:40:48,880

does anything really to do with buddhism

2891

01:40:52,709 --> 01:40:50,880

i do believe in reincarnation

2892

01:40:55,430 --> 01:40:52,719

but my personal belief with

2893

01:40:57,350 --> 01:40:55,440

reincarnation is you get the choice

2894

01:40:58,790 --> 01:40:57,360

when to reincarnate and you also get the

2895

01:41:00,870 --> 01:40:58,800

choice of

2896

01:41:02,310 --> 01:41:00,880

what you're going to reincarnate as well

2897

01:41:05,350 --> 01:41:02,320

that's interesting

2898

01:41:07,669 --> 01:41:05,360

so because your goal is to i want this

2899

01:41:09,030 --> 01:41:07,679

lesson in my life i want to i want this

2900

01:41:12,149 --> 01:41:09,040

experience i want this

2901
01:41:13,590 --> 01:41:12,159
spiritual basically knowledge so i want

2902
01:41:14,470 --> 01:41:13,600
to see that's something that i struggle

2903
01:41:16,470 --> 01:41:14,480
with too because

2904
01:41:18,629 --> 01:41:16,480
i kind of think like who would really

2905
01:41:20,950 --> 01:41:18,639
say i want to be born

2906
01:41:22,950 --> 01:41:20,960
a paraplegic and have to deal with that

2907
01:41:25,430 --> 01:41:22,960
my whole life or i want to be born

2908
01:41:27,350 --> 01:41:25,440
dirt poor living in a ghetto where like

2909
01:41:27,830 --> 01:41:27,360
half my friends get murdered before i'm

2910
01:41:29,669 --> 01:41:27,840
18

2911
01:41:30,950 --> 01:41:29,679
or you know what i mean like that that

2912
01:41:33,430 --> 01:41:30,960
concept that you

2913
01:41:34,229 --> 01:41:33,440

select or you choose the life that you

2914

01:41:37,510 --> 01:41:34,239

want

2915

01:41:39,990 --> 01:41:37,520

something that i struggle with but

2916

01:41:41,830 --> 01:41:40,000

then i could see that if somebody lived

2917

01:41:44,149 --> 01:41:41,840

say a life of luxury and they didn't

2918

01:41:45,910 --> 01:41:44,159

really feel like they learned much

2919

01:41:47,750 --> 01:41:45,920

that maybe you can learn something from

2920

01:41:50,870 --> 01:41:47,760

that kind of a life more so than uh

2921

01:41:52,950 --> 01:41:50,880

an easy life yeah

2922

01:41:54,310 --> 01:41:52,960

and i think and that's kind of the idea

2923

01:41:56,470 --> 01:41:54,320

i guess for

2924

01:41:57,350 --> 01:41:56,480

for me um is that you're learning that

2925

01:41:58,629 --> 01:41:57,360

yeah in the

2926

01:42:00,470 --> 01:41:58,639

in the moment while you're living that

2927

01:42:01,830 --> 01:42:00,480

life you totally you're

2928

01:42:03,910 --> 01:42:01,840

you're like why would i choose this i

2929

01:42:07,430 --> 01:42:03,920

hate this this is terrible

2930

01:42:09,189 --> 01:42:07,440

but but theoretically in my mind

2931

01:42:10,550 --> 01:42:09,199

before you incarnated there was a reason

2932

01:42:12,070 --> 01:42:10,560

you made this decision to do this

2933

01:42:15,590 --> 01:42:12,080

because you wanted some sort of

2934

01:42:16,870 --> 01:42:15,600

growth to occur yeah and jasmine emerick

2935

01:42:18,790 --> 01:42:16,880

has a great question what form of

2936

01:42:21,350 --> 01:42:18,800

buddhism does kelly practice and does

2937

01:42:24,550 --> 01:42:21,360

her buddhist practice include or revere

2938

01:42:27,510 --> 01:42:24,560

the up and shads i i don't know how to

2939

01:42:29,750 --> 01:42:27,520

say that open chats

2940

01:42:30,550 --> 01:42:29,760

hindu based i believe that they're more

2941

01:42:33,990 --> 01:42:30,560

hindu based

2942

01:42:37,669 --> 01:42:34,000

i don't revere them personally um i

2943

01:42:39,990 --> 01:42:37,679

practice pretty straightforward

2944

01:42:41,350 --> 01:42:40,000

mahayana buddhism which i guess would

2945

01:42:45,030 --> 01:42:41,360

kind of be the equivalent of

2946

01:42:45,990 --> 01:42:45,040

non-denominational protestant christian

2947

01:42:47,510 --> 01:42:46,000

yeah

2948

01:42:49,590 --> 01:42:47,520

interesting or it's just like the

2949

01:42:50,390 --> 01:42:49,600

general version of it that's what i

2950

01:42:51,990 --> 01:42:50,400

practice

2951
01:42:53,350 --> 01:42:52,000
but but again there are things i leave

2952
01:42:55,270 --> 01:42:53,360
out i leave out a lot of the

2953
01:42:56,950 --> 01:42:55,280
reincarnation pieces i leave out the

2954
01:42:57,669 --> 01:42:56,960
hell realms i leave out those things

2955
01:43:01,910 --> 01:42:57,679
don't

2956
01:43:04,550 --> 01:43:01,920
what i follow is

2957
01:43:06,629 --> 01:43:04,560
you know being a good person being

2958
01:43:08,629 --> 01:43:06,639
trying to achieve that bodhisattva level

2959
01:43:10,790 --> 01:43:08,639
basically trying to help other people

2960
01:43:12,870 --> 01:43:10,800
those are the things i focus on

2961
01:43:14,709 --> 01:43:12,880
well that's definitely interesting and

2962
01:43:16,709 --> 01:43:14,719
do you go to like a temple or do you

2963
01:43:19,189 --> 01:43:16,719

just help

2964

01:43:20,950 --> 01:43:19,199

california when i lived there and they

2965

01:43:21,830 --> 01:43:20,960

were easier to access yeah i would go to

2966

01:43:24,390 --> 01:43:21,840

the temple i'd go

2967

01:43:24,870 --> 01:43:24,400

probably once a month at least to kind

2968

01:43:27,189 --> 01:43:24,880

of go

2969

01:43:28,310 --> 01:43:27,199

get the energy pray see the monks do all

2970

01:43:30,709 --> 01:43:28,320

that stuff

2971

01:43:33,430 --> 01:43:30,719

now that i've relocated it's a little

2972

01:43:36,870 --> 01:43:33,440

bit more difficult because

2973

01:43:38,870 --> 01:43:36,880

there are buddhist temples but also

2974

01:43:40,550 --> 01:43:38,880

you're looking at a cultural issue too

2975

01:43:42,390 --> 01:43:40,560

because i'm used to going to vietnamese

2976

01:43:45,270 --> 01:43:42,400

buddhist temples

2977

01:43:46,790 --> 01:43:45,280

i could go but going to a they have

2978

01:43:48,229 --> 01:43:46,800

those in california but not in new

2979

01:43:49,910 --> 01:43:48,239

jersey or wherever you are

2980

01:43:51,189 --> 01:43:49,920

how about you but you're looking at i'm

2981

01:43:52,629 --> 01:43:51,199

gonna have to drive like two or three

2982

01:43:54,629 --> 01:43:52,639

hours to get there

2983

01:43:56,709 --> 01:43:54,639

i understand that i have to find the

2984

01:43:59,430 --> 01:43:56,719

right type of temple with the right

2985

01:43:59,830 --> 01:43:59,440

cultural things that i'm used to so that

2986

01:44:30,790 --> 01:43:59,840

i

2987

01:44:32,629 --> 01:44:30,800

know really what they say

2988

01:44:33,830 --> 01:44:32,639

everything is written phonetically so

2989

01:44:34,870 --> 01:44:33,840

that you're doing the chance with the

2990

01:44:37,350 --> 01:44:34,880

monks then you're kind of

2991

01:44:38,229 --> 01:44:37,360

going through the whole thing so oh

2992

01:44:41,910 --> 01:44:38,239

that's interesting

2993

01:44:43,669 --> 01:44:41,920

i don't i don't know uh i wouldn't like

2994

01:44:44,950 --> 01:44:43,679

i would like to attend a service like

2995

01:44:48,070 --> 01:44:44,960

that because most

2996

01:44:49,270 --> 01:44:48,080

mostly i went to just meditation classes

2997

01:44:51,830 --> 01:44:49,280

and lectures

2998

01:44:52,790 --> 01:44:51,840

not really like uh what would be

2999

01:44:54,390 --> 01:44:52,800

considered like a

3000

01:44:56,870 --> 01:44:54,400

sunday service for a christian

3001

01:44:58,709 --> 01:44:56,880

equivalent you know

3002

01:45:00,790 --> 01:44:58,719

yeah but i really like the lectures

3003

01:45:02,390 --> 01:45:00,800

because they were all

3004

01:45:03,830 --> 01:45:02,400

you know you never knew they would tell

3005

01:45:05,030 --> 01:45:03,840

you in advance like they're going to be

3006

01:45:07,590 --> 01:45:05,040

lecturing on

3007

01:45:08,470 --> 01:45:07,600

you know uh on the four pillars or

3008

01:45:09,510 --> 01:45:08,480

they're going to be lecturing on

3009

01:45:13,030 --> 01:45:09,520

impermanence

3010

01:45:15,189 --> 01:45:13,040

or on guilt dealing with guilt or like

3011

01:45:16,790 --> 01:45:15,199

so it was great like if you had an issue

3012

01:45:18,870 --> 01:45:16,800

you just kind of waited it out and

3013

01:45:20,629 --> 01:45:18,880

looked at the schedule

3014

01:45:23,430 --> 01:45:20,639

you know like i'm feeling very guilty

3015

01:45:25,430 --> 01:45:23,440

let's go learn to deal with our guilt

3016

01:45:27,189 --> 01:45:25,440

and again it was uh it was and and it

3017

01:45:29,030 --> 01:45:27,199

was like traveling monks from all over

3018

01:45:30,070 --> 01:45:29,040

you could get a guy from japan one week

3019

01:45:31,830 --> 01:45:30,080

and a guy from

3020

01:45:33,750 --> 01:45:31,840

india the next week and somebody from

3021

01:45:36,790 --> 01:45:33,760

europa oh yeah

3022

01:45:38,629 --> 01:45:36,800

they do travel to kind of go to other

3023

01:45:40,229 --> 01:45:38,639

you know to go to other temples to kind

3024

01:45:43,109 --> 01:45:40,239

of you know

3025

01:45:43,669 --> 01:45:43,119

share and also to share with different

3026

01:45:47,590 --> 01:45:43,679

um

3027

01:45:50,390 --> 01:45:47,600

kind of i guess sex of buddhist monks

3028

01:45:52,229 --> 01:45:50,400

do you have sort of a a suggestion for

3029

01:45:53,830 --> 01:45:52,239

like beginners books for people that may

3030

01:45:58,070 --> 01:45:53,840

have interest and want to learn more

3031

01:45:59,990 --> 01:45:58,080

or there's so many rights

3032

01:46:01,590 --> 01:46:00,000

i there's a book though that i highly

3033

01:46:03,030 --> 01:46:01,600

recommend i

3034

01:46:04,870 --> 01:46:03,040

i meant to bring it up here with me but

3035

01:46:05,350 --> 01:46:04,880

i forgot i'll show on the next show but

3036

01:46:08,709 --> 01:46:05,360

it's called

3037

01:46:10,149 --> 01:46:08,719

meditation the only way and if you want

3038

01:46:13,669 --> 01:46:10,159

to learn to meditate

3039

01:46:15,669 --> 01:46:13,679

it's got just that's what did it for me

3040

01:46:16,149 --> 01:46:15,679

i had more complicated books and i

3041

01:46:20,070 --> 01:46:16,159

couldn't

3042

01:46:23,109 --> 01:46:20,080

meditation the only way

3043

01:46:26,229 --> 01:46:23,119

and after that it just seemed to be

3044

01:46:28,149 --> 01:46:26,239

a simplified you know start with

3045

01:46:29,590 --> 01:46:28,159

focus on the breath and pushing thoughts

3046

01:46:31,109 --> 01:46:29,600

back and and then there's

3047

01:46:32,709 --> 01:46:31,119

stuff in there about the impermanence

3048

01:46:33,830 --> 01:46:32,719

meditations and different forms of

3049

01:46:38,709 --> 01:46:33,840

meditation

3050

01:46:39,189 --> 01:46:38,719

want to learn to meditate i will get the

3051
01:46:41,189 --> 01:46:39,199
author

3052
01:46:43,270 --> 01:46:41,199
and uh or put a screenshot on my twitter

3053
01:46:44,550 --> 01:46:43,280
later i that's a book that i recommend

3054
01:46:45,590 --> 01:46:44,560
is there any that you would recommend

3055
01:46:48,950 --> 01:46:45,600
for people who have

3056
01:46:52,709 --> 01:46:48,960
more interest with regards to meditation

3057
01:46:53,189 --> 01:46:52,719
specifically not not really i'll be

3058
01:46:57,590 --> 01:46:53,199
honest

3059
01:47:00,629 --> 01:46:59,510
there's so much there's so many

3060
01:47:02,310 --> 01:47:00,639
different sources out there that it's

3061
01:47:03,590 --> 01:47:02,320
hard to kind of pick one

3062
01:47:05,109 --> 01:47:03,600
but yeah i mean what you're saying like

3063
01:47:06,709 --> 01:47:05,119

that book that you're saying it sounds

3064

01:47:08,229 --> 01:47:06,719

like it's a really good one because

3065

01:47:10,070 --> 01:47:08,239

there are different types of meditation

3066

01:47:12,629 --> 01:47:10,080

as you mentioned there is like walking

3067

01:47:13,910 --> 01:47:12,639

or active meditation which works a lot

3068

01:47:15,750 --> 01:47:13,920

better for some people

3069

01:47:17,910 --> 01:47:15,760

depends on the person not enough people

3070

01:47:19,750 --> 01:47:17,920

can't sit still for a half hour

3071

01:47:23,990 --> 01:47:19,760

yeah they can't sit still don't think of

3072

01:47:27,510 --> 01:47:25,350

yeah they do better walking through

3073

01:47:27,990 --> 01:47:27,520

nature and kind of just clearing their

3074

01:47:30,950 --> 01:47:28,000

mind

3075

01:47:32,709 --> 01:47:30,960

this is it six is designed found it oh

3076

01:47:33,030 --> 01:47:32,719

medication the only question the only

3077

01:47:40,310 --> 01:47:33,040

way

3078

01:47:44,229 --> 01:47:43,109

and he's a buddhist monk and uh this is

3079

01:47:45,750 --> 01:47:44,239

the book that i tell

3080

01:47:47,830 --> 01:47:45,760

everybody if you want to learn to

3081

01:47:49,430 --> 01:47:47,840

meditate this is the best book and it's

3082

01:47:51,910 --> 01:47:49,440

only like 10 bucks or

3083

01:47:53,270 --> 01:47:51,920

i don't know i got it at one of those

3084

01:47:55,830 --> 01:47:53,280

places that you write

3085

01:47:57,590 --> 01:47:55,840

to this is before the internet you would

3086

01:47:58,950 --> 01:47:57,600

like write them a letter

3087

01:48:01,109 --> 01:47:58,960

and they would send you a list of the

3088

01:48:01,990 --> 01:48:01,119

books that they had and then you would

3089

01:48:04,149 --> 01:48:02,000

send them

3090

01:48:06,070 --> 01:48:04,159

like a form back and some money for the

3091

01:48:08,470 --> 01:48:06,080

just a postage they would tell you like

3092

01:48:09,270 --> 01:48:08,480

postage is 1.50 a book or something like

3093

01:48:10,709 --> 01:48:09,280

that

3094

01:48:12,310 --> 01:48:10,719

and then they would send you back 10

3095

01:48:15,430 --> 01:48:12,320

books if you sent them the

3096

01:48:17,270 --> 01:48:15,440

12 or whatever there's all of these

3097

01:48:20,310 --> 01:48:17,280

different buddhist societies whose sole

3098

01:48:22,470 --> 01:48:20,320

purpose is to print books on dharma or

3099

01:48:23,910 --> 01:48:22,480

the teachings of buddha or meditation

3100

01:48:26,470 --> 01:48:23,920

and share them with the world

3101

01:48:28,629 --> 01:48:26,480

for as little money as possible just to

3102

01:48:30,470 --> 01:48:28,639

get that information out there so when

3103

01:48:32,470 --> 01:48:30,480

clowns are trying to sell you a 300

3104

01:48:33,910 --> 01:48:32,480

meditation course i guarantee you'll get

3105

01:48:35,990 --> 01:48:33,920

just as much out of this 10

3106

01:48:37,270 --> 01:48:36,000

book so i'm glad you found that thank

3107

01:48:40,149 --> 01:48:37,280

you six cents

3108

01:48:41,590 --> 01:48:40,159

yes yes and you're right there are um

3109

01:48:42,149 --> 01:48:41,600

they there are basically groups that

3110

01:48:45,270 --> 01:48:42,159

will

3111

01:48:46,790 --> 01:48:45,280

if you google them for some reason like

3112

01:48:47,990 --> 01:48:46,800

it's like i can almost remember the name

3113

01:48:52,629 --> 01:48:48,000

of it but they're like basically

3114

01:48:56,950 --> 01:48:55,510

if you just google buddhism book society

3115

01:48:57,669 --> 01:48:56,960

or something like that you'll find a

3116

01:48:58,550 --> 01:48:57,679

bunch of them

3117

01:49:00,229 --> 01:48:58,560

there's a bunch of different

3118

01:49:01,189 --> 01:49:00,239

organizations some of them are in japan

3119

01:49:04,709 --> 01:49:01,199

some of them are in

3120

01:49:07,350 --> 01:49:04,719

uh are in tibet some of them are europe

3121

01:49:08,790 --> 01:49:07,360

i think there's one in the united states

3122

01:49:11,510 --> 01:49:08,800

and uh

3123

01:49:12,390 --> 01:49:11,520

yeah that that to me is my favorite book

3124

01:49:15,350 --> 01:49:12,400

on meditation

3125

01:49:16,950 --> 01:49:15,360

i gotta get some more not that book i

3126
01:49:18,790 --> 01:49:16,960
mean more of that book but you know

3127
01:49:20,070 --> 01:49:18,800
like it's good to be reminded of these

3128
01:49:21,990 --> 01:49:20,080
things and a lot of the books i found

3129
01:49:24,310 --> 01:49:22,000
have a lot of similar things in them

3130
01:49:26,830 --> 01:49:24,320
in regard to meditation it's just

3131
01:49:28,070 --> 01:49:26,840
different approaches for teaching it

3132
01:49:29,669 --> 01:49:28,080
maybe

3133
01:49:31,990 --> 01:49:29,679
yeah i mean i think that really

3134
01:49:35,350 --> 01:49:32,000
meditation at the end of the day

3135
01:49:37,589 --> 01:49:35,360
is a concept that you know

3136
01:49:39,109 --> 01:49:37,599
the end result is the same and really

3137
01:49:41,109 --> 01:49:39,119
the process of getting there

3138
01:49:42,229 --> 01:49:41,119

is really the same it's just kind of

3139

01:49:43,750 --> 01:49:42,239

looking at

3140

01:49:45,109 --> 01:49:43,760

different ways to approach it so that

3141

01:49:46,790 --> 01:49:45,119

people can understand because different

3142

01:49:49,350 --> 01:49:46,800

people understand it and can

3143

01:49:51,669 --> 01:49:49,360

function with it differently than others

3144

01:49:53,430 --> 01:49:51,679

it's kind of how i see it i guess

3145

01:49:55,109 --> 01:49:53,440

yeah so if we have any more questions

3146

01:49:58,310 --> 01:49:55,119

for uh kelly

3147

01:50:00,629 --> 01:49:58,320

and please do uh definitely follow her

3148

01:50:02,709 --> 01:50:00,639

channel and subscribe to her channel

3149

01:50:03,669 --> 01:50:02,719

she covers a lot of strange topics like

3150

01:50:06,390 --> 01:50:03,679

you were doing the

3151
01:50:08,310 --> 01:50:06,400
rancher book i wasn't ranting a book but

3152
01:50:08,950 --> 01:50:08,320
i gave up on that because that was too

3153
01:50:10,950 --> 01:50:08,960
much

3154
01:50:12,070 --> 01:50:10,960
this kelly there's two books that i

3155
01:50:14,390 --> 01:50:12,080
can't

3156
01:50:15,109 --> 01:50:14,400
finish and i've tried multiple times

3157
01:50:17,430 --> 01:50:15,119
their their

3158
01:50:18,709 --> 01:50:17,440
urantia book is one of them and the

3159
01:50:20,950 --> 01:50:18,719
bhagavad-gita

3160
01:50:22,229 --> 01:50:20,960
i can't get through either of them have

3161
01:50:23,990 --> 01:50:22,239
the bhagavad-gita

3162
01:50:25,270 --> 01:50:24,000
that's my goal my goal is to get through

3163
01:50:27,270 --> 01:50:25,280

that yeah

3164

01:50:28,470 --> 01:50:27,280

i try to get about like a quarter of the

3165

01:50:30,950 --> 01:50:28,480

way in and i just

3166

01:50:32,550 --> 01:50:30,960

can't because it's so it's those two

3167

01:50:33,589 --> 01:50:32,560

books are very similar in that they're

3168

01:50:36,070 --> 01:50:33,599

so

3169

01:50:38,310 --> 01:50:36,080

information dense yeah you can't just

3170

01:50:38,790 --> 01:50:38,320

read 20 pages of it you've got to read a

3171

01:50:41,430 --> 01:50:38,800

page

3172

01:50:42,629 --> 01:50:41,440

and stop and think about it for a while

3173

01:50:44,310 --> 01:50:42,639

both these books

3174

01:50:45,910 --> 01:50:44,320

you got to stop and think about it

3175

01:50:47,669 --> 01:50:45,920

because i want to know what is this

3176

01:50:49,350 --> 01:50:47,679

trying to teach me what is this

3177

01:50:51,669 --> 01:50:49,360

especially the bhagavad gita like i

3178

01:50:54,149 --> 01:50:51,679

don't know some of it seemed to be like

3179

01:50:55,510 --> 01:50:54,159

just crazy stories and i don't know what

3180

01:50:57,189 --> 01:50:55,520

you know i want to know what they're

3181

01:50:59,270 --> 01:50:57,199

trying to teach me here

3182

01:51:00,870 --> 01:50:59,280

that was those two books are rough i

3183

01:51:06,790 --> 01:51:00,880

can't get through them maybe i gotta buy

3184

01:51:08,790 --> 01:51:06,800

some bookmarks and try again

3185

01:51:10,709 --> 01:51:08,800

yes you can follow kelly on twitter

3186

01:51:13,350 --> 01:51:10,719

where she it does a better job

3187

01:51:14,310 --> 01:51:13,360

than me of announcing her shows in

3188

01:51:15,910 --> 01:51:14,320

advance

3189

01:51:18,830 --> 01:51:15,920

i'm terrible i'm like yeah i'm streaming

3190

01:51:29,109 --> 01:51:18,840

right now you have five minutes

3191

01:51:32,470 --> 01:51:30,790

it is not about portals everybody wants

3192

01:51:36,709 --> 01:51:32,480

you to do the portal shows again

3193

01:51:39,270 --> 01:51:36,719

come on you know what i like portals i

3194

01:51:41,189 --> 01:51:39,280

love portal i spent

3195

01:51:43,109 --> 01:51:41,199

over a year researching them which is

3196

01:51:45,109 --> 01:51:43,119

how i had so much information to do all

3197

01:51:47,430 --> 01:51:45,119

the portal episode

3198

01:51:48,709 --> 01:51:47,440

um and i guess you know for just 250

3199

01:51:50,790 --> 01:51:48,719

times 12

3200

01:51:52,790 --> 01:51:50,800

that psychic sarah adams can teach you

3201

01:51:55,830 --> 01:51:52,800

how to open stargates

3202

01:51:57,350 --> 01:51:55,840

i don't see it's only 250 times 12. i

3203

01:51:59,109 --> 01:51:57,360

did a show where i said show us the

3204

01:52:01,109 --> 01:51:59,119

stargates because if you're teaching

3205

01:52:02,390 --> 01:52:01,119

people to open stargates you should be

3206

01:52:05,589 --> 01:52:02,400

able to show me

3207

01:52:08,390 --> 01:52:05,599

you opening this stargate that's

3208

01:52:08,790 --> 01:52:08,400

it's kind of like portals stargates yeah

3209

01:52:10,390 --> 01:52:08,800

yeah

3210

01:52:11,910 --> 01:52:10,400

so kind of what kind of shows do you

3211

01:52:13,430 --> 01:52:11,920

have that are upcoming do you want to

3212

01:52:13,990 --> 01:52:13,440

give people a tease of what you have

3213

01:52:17,189 --> 01:52:14,000

planned

3214

01:52:18,390 --> 01:52:17,199

or worse so this friday i'm going to be

3215

01:52:20,550 --> 01:52:18,400

doing a show on

3216

01:52:21,990 --> 01:52:20,560

numerology to help people kind of

3217

01:52:23,430 --> 01:52:22,000

understand how it works

3218

01:52:25,030 --> 01:52:23,440

what it is because i think there's some

3219

01:52:27,109 --> 01:52:25,040

misconceptions about it

3220

01:52:28,310 --> 01:52:27,119

and i'm going to be doing a few readings

3221

01:52:29,990 --> 01:52:28,320

for a couple people

3222

01:52:32,390 --> 01:52:30,000

and teach people how to do their own

3223

01:52:34,229 --> 01:52:32,400

reading numerology readings really

3224

01:52:36,550 --> 01:52:34,239

yeah on friday because i figured why not

3225

01:52:39,669 --> 01:52:36,560

do something fun for the holiday weekend

3226

01:52:41,750 --> 01:52:39,679

if people are stuck at home yeah i'm a

3227

01:52:44,310 --> 01:52:41,760

loser like people are like

3228

01:52:47,990 --> 01:52:44,320

are we doing a show tomorrow i go yeah

3229

01:52:50,870 --> 01:52:48,000

yeah i might do a show thursday night oh

3230

01:52:51,589 --> 01:52:50,880

i don't know i got nothing going on so

3231

01:52:55,109 --> 01:52:51,599

you know

3232

01:52:56,070 --> 01:52:55,119

i'm with you yeah so i'm doing that this

3233

01:52:59,109 --> 01:52:56,080

week and the next

3234

01:53:01,990 --> 01:52:59,119

friday i have an interview with um

3235

01:53:05,669 --> 01:53:02,000

someone who claims to have translated

3236

01:53:09,750 --> 01:53:07,669

uh which i'm not sure if you're familiar

3237

01:53:11,990 --> 01:53:09,760

with the what manuscripts

3238

01:53:14,470 --> 01:53:12,000

voynich manuscript isn't that the

3239

01:53:16,950 --> 01:53:14,480

unreadable book or the impossible book

3240

01:53:18,870 --> 01:53:16,960

yeah it's important he translated it

3241

01:53:20,629 --> 01:53:18,880

he's like the only one in history then

3242

01:53:21,910 --> 01:53:20,639

it's got like the pictures of the plants

3243

01:53:24,709 --> 01:53:21,920

inside and like the way

3244

01:53:25,750 --> 01:53:24,719

that's a crazy mystery book yeah he

3245

01:53:27,109 --> 01:53:25,760

translated

3246

01:53:28,790 --> 01:53:27,119

well there's been a few people that have

3247

01:53:30,709 --> 01:53:28,800

claimed to translate it but no one

3248

01:53:32,470 --> 01:53:30,719

can no one can confirm if it's been

3249

01:53:34,790 --> 01:53:32,480

translated by those people

3250

01:53:35,910 --> 01:53:34,800

so he reached out to me and has a whole

3251
01:53:37,430 --> 01:53:35,920
system

3252
01:53:39,589 --> 01:53:37,440
um that he's going to talk about that he

3253
01:53:41,510 --> 01:53:39,599
believes he has translated it

3254
01:53:42,629 --> 01:53:41,520
so i'm interviewing him next friday and

3255
01:53:45,589 --> 01:53:42,639
then the following

3256
01:53:47,830 --> 01:53:45,599
friday on the 11th i'll be inter alfie

3257
01:53:49,350 --> 01:53:47,840
solomon's is going to come on

3258
01:53:51,030 --> 01:53:49,360
i'm not interviewing him though we're

3259
01:53:54,390 --> 01:53:51,040
just going to have a discussion

3260
01:53:55,750 --> 01:53:54,400
on yeah religion didn't feel like this

3261
01:53:56,709 --> 01:53:55,760
was an interview i thought like this was

3262
01:53:59,990 --> 01:53:56,719
just a talk

3263
01:54:01,669 --> 01:54:00,000

it was yes so so it's gonna be similar

3264

01:54:04,229 --> 01:54:01,679

kind of to this i guess

3265

01:54:05,030 --> 01:54:04,239

this one's a classy show do you know why

3266

01:54:08,470 --> 01:54:05,040

there was no

3267

01:54:10,870 --> 01:54:08,480

kissing lesbians on the side sometimes

3268

01:54:11,270 --> 01:54:10,880

here i kept it classy for you kelly i

3269

01:54:13,430 --> 01:54:11,280

did

3270

01:54:15,189 --> 01:54:13,440

and i had all these questions that i

3271

01:54:19,109 --> 01:54:15,199

took out because i said

3272

01:54:21,030 --> 01:54:19,119

that's too personal or that yeah

3273

01:54:22,790 --> 01:54:21,040

so i don't think that anybody wanted to

3274

01:54:24,149 --> 01:54:22,800

hear you talk about your favorite sexual

3275

01:54:27,189 --> 01:54:24,159

positions so we

3276

01:54:31,430 --> 01:54:27,199

cut those unclassy questions out we did

3277

01:54:34,870 --> 01:54:33,910

or your thoughts on tantric love sex

3278

01:54:42,070 --> 01:54:34,880

right

3279

01:54:43,750 --> 01:54:42,080

you know from tibetan buddhism yeah

3280

01:54:45,990 --> 01:54:43,760

somebody else so i could have asked

3281

01:54:48,950 --> 01:54:46,000

about you know do you like

3282

01:54:50,229 --> 01:54:48,960

status okay no no never mind would you

3283

01:54:52,550 --> 01:54:50,239

ever do one on

3284

01:54:53,350 --> 01:54:52,560

esoteric astrology i'm studying it right

3285

01:54:56,470 --> 01:54:53,360

now jill d

3286

01:54:58,310 --> 01:54:56,480

asks um actually i would

3287

01:54:59,510 --> 01:54:58,320

i'm working through the different

3288

01:55:02,790 --> 01:54:59,520

ologies

3289

01:55:03,510 --> 01:55:02,800

right now so i understand right like you

3290

01:55:07,030 --> 01:55:03,520

know typical

3291

01:55:08,950 --> 01:55:07,040

astrology i've done uh lunar or chinese

3292

01:55:10,709 --> 01:55:08,960

astrology i'm going through numerology

3293

01:55:12,070 --> 01:55:10,719

now but there's also beta gastro there's

3294

01:55:14,629 --> 01:55:12,080

all sorts of things

3295

01:55:15,910 --> 01:55:14,639

so yes um esoteric astrology is actually

3296

01:55:18,950 --> 01:55:15,920

on my

3297

01:55:20,390 --> 01:55:18,960

my list so okay

3298

01:55:21,750 --> 01:55:20,400

so any more questions otherwise we're

3299

01:55:25,030 --> 01:55:21,760

going to wrap it up and let her get out

3300

01:55:26,550 --> 01:55:25,040

of here i think i kept there long enough

3301
01:55:28,070 --> 01:55:26,560
but i'm glad that you were able to come

3302
01:55:28,870 --> 01:55:28,080
here and i'm really glad that your

3303
01:55:30,390 --> 01:55:28,880
show's back

3304
01:55:32,149 --> 01:55:30,400
because it gives me something else to do

3305
01:55:33,030 --> 01:55:32,159
on a friday night again i don't have the

3306
01:55:35,350 --> 01:55:33,040
club

3307
01:55:37,589 --> 01:55:35,360
i i'm glad to be back to you and i

3308
01:55:40,790 --> 01:55:37,599
appreciate you asking me on

3309
01:55:43,669 --> 01:55:40,800
um funny story some random person

3310
01:55:44,070 --> 01:55:43,679
that i happen to meet has nothing to do

3311
01:55:46,310 --> 01:55:44,080
with

3312
01:55:48,070 --> 01:55:46,320
any of this community or youtube or

3313
01:55:50,229 --> 01:55:48,080

anything i was just happy to talk to

3314

01:55:52,070 --> 01:55:50,239

them and i mentioned i was on youtube

3315

01:55:53,510 --> 01:55:52,080

they tell me i look they said they

3316

01:55:53,990 --> 01:55:53,520

thought i looked familiar and i've

3317

01:55:56,550 --> 01:55:54,000

actually

3318

01:55:57,830 --> 01:55:56,560

heard and seen my channel because their

3319

01:55:58,790 --> 01:55:57,840

friend listens to it when they go to

3320

01:56:01,189 --> 01:55:58,800

sleep

3321

01:56:02,790 --> 01:56:01,199

oh that's interesting well like that is

3322

01:56:04,870 --> 01:56:02,800

a weird

3323

01:56:06,550 --> 01:56:04,880

kind of synchronicity that someone

3324

01:56:07,669 --> 01:56:06,560

happens to know who i am who has nothing

3325

01:56:09,350 --> 01:56:07,679

to do with any of this

3326

01:56:10,709 --> 01:56:09,360

just because somebody listens to me when

3327

01:56:14,629 --> 01:56:10,719

they sleep yeah

3328

01:56:17,350 --> 01:56:14,639

see you're internet famous

3329

01:56:18,950 --> 01:56:17,360

in a weird way but yeah yeah no that's a

3330

01:56:21,430 --> 01:56:18,960

good thing it's nice when

3331

01:56:22,070 --> 01:56:21,440

uh people like sort of know you know

3332

01:56:25,189 --> 01:56:22,080

know

3333

01:56:26,070 --> 01:56:25,199

a little bit about what you do i uh had

3334

01:56:29,030 --> 01:56:26,080

somebody move

3335

01:56:30,550 --> 01:56:29,040

in well when i say near the cabin he's

3336

01:56:33,030 --> 01:56:30,560

like miles away but

3337

01:56:34,229 --> 01:56:33,040

he was sort of a conspiracy guy and he

3338

01:56:37,910 --> 01:56:34,239

knew who i was

3339

01:56:40,870 --> 01:56:37,920

he said don't you have a show on youtube

3340

01:56:42,229 --> 01:56:40,880

about paranormal stuff and i go yeah he

3341

01:56:43,270 --> 01:56:42,239

goes i'm sure i've seen it but he didn't

3342

01:56:45,270 --> 01:56:43,280

remember what it was

3343

01:56:46,470 --> 01:56:45,280

but he saw himself and that was weird

3344

01:56:47,910 --> 01:56:46,480

because it was

3345

01:56:49,430 --> 01:56:47,920

weird if somebody just suddenly said

3346

01:56:52,070 --> 01:56:49,440

that to me i looked around like this

3347

01:56:55,189 --> 01:56:52,080

with the glasses on so i guess

3348

01:56:58,550 --> 01:56:55,199

easy to spot right either

3349

01:57:00,149 --> 01:56:58,560

a bad man in black so

3350

01:57:02,149 --> 01:57:00,159

yes and out of mind this is a good note

3351
01:57:03,510 --> 01:57:02,159
to end on says thanks kelly nice to see

3352
01:57:07,669 --> 01:57:03,520
you have a good turkey day

3353
01:57:09,189 --> 01:57:07,679
everyone so i appreciate you spending

3354
01:57:10,870 --> 01:57:09,199
the time to be with us i'm going to play

3355
01:57:12,149 --> 01:57:10,880
a bumper and play us out if you want to

3356
01:57:13,669 --> 01:57:12,159
stick around for just a few minutes

3357
01:57:17,189 --> 01:57:13,679
until that plays

3358
01:57:19,350 --> 01:57:17,199
yes one second here if i can find it

3359
01:57:21,030 --> 01:57:19,360
oh yeah there we go so everybody have a

3360
01:57:22,310 --> 01:57:21,040
great thanksgiving if i don't talk to

3361
01:57:25,270 --> 01:57:22,320
you tomorrow

3362
01:57:26,629 --> 01:57:25,280
uh we'll be back or no uh yeah never

3363
01:57:27,830 --> 01:57:26,639

mind we're you're gonna be back tomorrow

3364

01:57:31,350 --> 01:57:27,840

with the show

3365

01:57:33,270 --> 01:57:31,360

so i'm i lost the whole day somehow so

3366

01:57:34,550 --> 01:57:33,280

yeah please do make sure that you visit

3367

01:57:36,550 --> 01:57:34,560

just put

3368

01:57:38,229 --> 01:57:36,560

explaining esoteric in the search bar on

3369

01:57:39,669 --> 01:57:38,239

youtube and subscribe to her channel

3370

01:57:40,870 --> 01:57:39,679

she's got a lot of great shows if you

3371

01:57:42,070 --> 01:57:40,880

enjoyed tonight you're going to love her

3372

01:57:43,910 --> 01:57:42,080

channel because she talks about all this

3373

01:57:46,310 --> 01:57:43,920

strange esoteric stuff

3374

01:57:47,510 --> 01:57:46,320

and delves deep into it and does a great

3375

01:57:50,229 --> 01:57:47,520

job with it

3376

01:57:54,430 --> 01:57:50,239

thank you so uh good night friends god

3377

01:59:24,600 --> 01:58:45,430

[Music]