

# Joe Rogan Experience [#2379](#) - Matthew McConaughey

Joe Rogan podcast. Check it out. The Joe Rogan Experience. Train by day. Joe Rogan podcast by night. All day. Good. Cheers. Cheers, sir. Nice to see you. Good to see you. My man. Yay. Hey, you uh you're a man of many talents, my friend. Tell me about this book. Poems and prayers. Yeah. Um, so I've been kind of writing try to keep this like these are a little bit directional. Yeah, perfect. I've been kind of I've been writing points and prayers down for since I was like 18. Um, and then this last, I don't know, couple years, I started looking around at life and the facts and evidence and people and I was like not finding the amount of things or people to believe in that I was wanting to. And I was starting to have doubts in myself as well. And I started to see myself slip into a little bit of cynicism, which I promised myself that's that no, that's a that's a living man's disease. Don't go there. You go from innocence to to to naive to skepticism, but let's stop there. It's skepticism. Yeah. And I kind of got scared and a little pissed off at myself. I was like, "Wait a minute. I'm not ready to give up. I'm not ready to wave the white flag and let myself off for certain things." cuz I was starting to even want to let myself off on, you know, or other people. And um I said, "All right, poems and prayers. Those are ideals. Those are pursuits, you know, that's going to the dream and saying, "Let's go to let's let's look at the dream and see if we can still believe in making that a reality aspirational instead of looking at reality and saying, how do you turn that into a dream?" Which is what I usually do. I'm like, "Art emulates life and not the other way around." But I flipped the script a little bit here and said, "No, no, let's let's dive into the dreams and belief, man. It's I think it's in short supply. It was getting it was it my tank was getting low on belief. Not just what was bothering you so much. What specifically? Maybe it's maybe it's turning 50 something like that. Maybe it's that where I start to project, you know, what am I what's the next half, right? I don't know. Maybe subconsciously it was. I think uh I look around and there's a lot fewer leaders that I'm like, "Hey, son." Yeah. I want to grow up like that. Right. I look around, I see people not trusting. I see people I I I see people that aren't embarrassed for doing something shitty, right? Uh I see people that sleep just fine. I don't I found myself starting to go, "Oh, I can sleep fine, too." That's that part where it's like, uh-uh, you can't you don't you don't don't sleep fine if you halfass that situation or if you did that person wrong and can get away with it, right? Um and so so trust uh what where do we look to for belief? Me, I believe in God, but it doesn't have to be that. What's your your better self, your transcendent self, your kids, their future? Um there's all kinds of humanity itself. Yeah. Yeah. believing in it, our potential. Well, just we understand that humans can be so amazing at times and all my favorite people are humans. Like all the I I love people. I love being around them, but yet simultaneously people can be [ \_\_ ] horrific. They're terrible at the same time. Like, and the problem today is that you're inundated by these people that are terrible. your your your phone is filled with these news feeds of people doing terrible things. And I don't think we're supposed to have access to 8 billion people's bad stories. I don't think that's normal. And I think that also changes your own perception of the world and invite cynicism and invite like what is the point being a good person? What is the point of being friendly and nice

when the world's gone? There's consequences, man. None of it. if I can shortcut it and right lie sheet and steal to get the same thing. And I'm in a world that rewards that. Especially CEOs. I mean, if you're working for some giant corporation, if you're trying to make your shareholders billions of dollars, like, yeah, you kind of have to be a psycho. And those are the people that a lot of people look up to. Yeah. It's real. It's the way we're structured in this world with that inundation of information, most of it bad, with people being rewarded for being shitty people with like it's hard. It's hard to to to still be positive and be happy. I'm not ready to give up on believing that both can be true. Yeah. That hey man, hardcore capitalist, go for it. More, more, more success. Get it. But you can also How do you have profit with your success? I see a lot of people that are successful. Yeah. But lack profit, meaning value of their success, right? Unhappy billionaires. I know them, right? I know them, too. That's a bad thing, right? Like that's the thing that you think, oh, if you you hit that stage of the game, there's no way you can be unhappy. No, there's some of the most unhappy people. Yeah. And that math that math is inverted. Shouldn't be that way. If that's what we're pursuing, and I got nothing against it. I'm actually for it, right? But yeah, if that's what we're pursuing that that's not how it's supposed to supposed to that's the happiest guy alive, right? You know, yeah, it's not real, you know. And you don't notice it. It's just numbers, you know. You notice it by how big your house is. Great. Still just your house. You notice it by you getting lost in that son of a [ \_\_ ] and you wish the ceilings were a little bit lower because it's just all too damn big. It's not cozy at all. You're like, "This ain't cozy. This is weird. This [ \_\_ ] castle." I've done it. I've done it. Yeah. Oh, that picture. [ \_\_ ] That's the first time I've noticed that painting in two years. Yeah. Either I don't like it or I got it in the wrong place. Yeah. It's in the fourth bedroom down the second hallway and I'm never down here. Or that chair. That used to be my favorite chair. I hadn't sat in it. Yeah. In two years. Yeah. Because you got it off down in the fifth bedroom. Yeah. Or No, you never go. When I see like movies where a dude's living in a log cabin, I'm like, I don't want to do that. Right. The lack of options. Yeah, the lack of options is relaxing. Well, there's something to that. Like a frying pan, a grill. Dude, that's what I loved about living in the Airstream for four years. You only have room for one of everything. So, I would get my best the best pan, the best jam box, the best the best pair of shorts, the best sheets. Now, you can only have one of each because you get two, it's cluttered, right? But there were no options. I forgot you did that. You did that for four years. That's crazy. That's so smart though. It's such a good I watch these videos on people that live in like uh trailers like like a truck, you know, like a camper that they convert to living in and they travel around the country. I'm obsessed with these videos. I watch these guys go to like these horrendous places. This guy, one guy is a truck camper and he goes up into like way into Alaska, like way way way above the Arctic Circle, like way up there. in this [ \_\_ ] truck with a house on the back of it. He's in Canada and like deep into Alberta and it's snowstorms and it's there's something oddly comforting about watching a man cook in this tiny little space that he has that's essentially attached to the back of a big diesel pickup truck. Yeah. And he lives in it. Yeah. Well, he's got decreased amount of options for like little shelves. This is where I keep my silverware. And this is where I Here's my frying pan. Got one frying pan. Yeah. Take care of that one frying pan. And I'm watching this guy cook his supper. And I'm like, this is appealing to me for some reason. Like, why is this so appealing? Cuz his world is all contained that and the whole world outside is this frozen wasteland and [ \_\_ ] snow coming sideways. And this dude's just chilling, making eggs. I'm like, there's something in the hole. Yeah. something cool about

watching someone achieve like a like a a den in the back of a truck and he's in the middle of the winter and he's comfortable and he's watching movies on his iPad. I'm like this is great. I the times I've gone off on my own. Um I've always my my goal has always been okay stay here until you whether it's Mali or Peru or or even in the Airstream those times or going out to Marford to go right on my own. I go stay here long enough to believe this could be your existence ma you could live here forever then it's okay to come back home if I get to that point I'm going I could do this right this could be me you locked then I've given it the justice right to then go come home because I sure do silk sheets on my bed at home sure do feel silkier after those times in that log cabin you know I like coming back and re-engaging you know spending time over in Hawaii. Coming back over to the mainland was great to get the stimulus again. Ah, in the game you feel the teeth. I wanted that, you know. Yeah, resets are real. They're important. You can get trapped in momentum, you know. You could really get trapped in the momentum of whatever you're doing in your life to the point where you lose yourself in just the sheer gravity of everything that you're doing and you forget how to like just Yeah. be just a person. And what happens when you're doing it well, but you don't feel it, right? And you're on autopilot and you're knocking, everyone's telling you you're knocking it out of the park, right? But you're going the good, cuz I didn't I didn't feel it. I'm not having any real experience here, man. They're going, "Don't change a thing." You know what I mean? You know, that's a real problem with standup comedy. When you do it right, you're like a passenger. Like it takes forever to put together an act, but when when it comes together, when you're really like locked in, when you're really on it, is like you're like a passenger. You're watching it happen and you're you're objectly watch while while you're doing Yeah. It's like you know how to do it, so you know what to do. And you're locked into the material. So you're like a part of the material, but you're not there anymore. You're like a passenger. You're not saying, "Now I'm going to pick this up and now I'm going to give him a pause and now nope. You're not there. Are you enjoying watching yourself? No, you don't enjoy it. I mean, it's fun, don't get me wrong, but you're not thinking about the fact that you're enjoying it at all. You're just locked in. All you're doing is just doing it. But it's weird. You're like a passenger. And I think there's something in there's something about that where we we get trapped by not being a passenger. You get trapped by wanting to like think of yourself all the time, right? And like things that you can do that take you out of that. Things that you can do that like you're just locked into this thing. There are little like mini vacations for whatever pattern you're stuck in. Many vacations. Yeah. Like golf or anything. I didn't act in front of the camera for a few years and I went back and did a couple of films last year. Vacation. Yeah. You were telling me singular focus to go I revered this enough to just do this and if I'm complacent that means I'm being lazy. I can just go back to to working on my man my character. Look at it from every angle. And that is an absolute vacation. You sent me a text about that. It made me smile because I love when someone loves something. I love that. I love when people are just like what you do is what you're supposed to be doing and you you know you're not conflicted at all. You're like [ \_\_ ] it. Here we go, baby. Lock it in. Let's go. I love that. And I wish more people could find that in life in some form. Yeah. Whether it's painting or making pottery or whatever the [ \_\_ ] it is, man. Find that thing where you're like, "God, I can't wait to get back to whatever it is. making cars. I can't wait to get back to, you know, whatever the [ \_\_ ] it is I enjoy. Or maybe even get to the place of going, I can't not not do it, right? You know, I I I can't help myself. It's more than my fault. I made that's a be that's and that doesn't always happen. Even I know for me when I'm

when I'm feeling like I'm actually in the in the zone, I still sometimes have to make a choice and go, "Wait, no, you're good at this. It feels pretty good. But what I really love to get to is if I'm doing something, I'm like, "No, I can't not." Right. Can't not do it. Can't not do this right now. Yeah. I have to. Yeah. And I'm in it. I'm the subject of it. You're locked up. Well, on that passenger thing, though, are you the subject? Meaning, if I'm giving a performance, I'm not there's nothing. It's not an objective experience at all. I'm not even hopping out to look at myself from a third eye. I'm not even supposing or anticipating, oh, how will this go? Or, oh, this is that punchline or, though, this is a great beat to hit. I'm just in it. And then I can feel it though. Now, I go, oh, right afterwards, I can look at you and go, that was it. You go, that was it. Or I can go, yeah, I bullshitted right there in the middle, blah, blah, blah. I can feel it when it's happening, but I'm not, there's nothing objective about the experience, right, at all for me. Right. Yeah, that's exactly kind of what I'm saying. It's like you're a passenger. Like you could feel it when it's happening. You're managing it. When you when I get it really locked in, I then I'm just a passenger. Is it coming through? Are you You're not even coming up with It's coming. No, it's all stuff that I've already thought of, right? Most of it except for some stuff that happens on the spot, which you got to allow room for cuz occasionally you just have the best line ever that just comes out of nowhere and you just got to be able to let it happen. That's what club work is for. But it's you're you're really just the ideas. Like whatever it is you're talking about, whatever it is you're upset about, whatever it is you're making fun of, you're you have to be like in that idea and you don't exist anymore. Yeah. It's weird. It's weird. But like what you're saying about I can't not do this. You know, that's if you could find a thing in your life where you're like, I cannot imagine a time where I can't do this, right? I this would [ \_\_\_ ] suck if I could not do this. That's that's that's the aspiration for people to have a joyful existence. You think that's where I got a hunch that in there is where you where we find belief? Like starting with that question, who who or what would you die for? Good place to start, right? For going what do I believe in? What do I have faith in? Yeah. Do you think that that extends out to a vocation, a career, some work we do? Not saying I die for the experience to perform. But that's the ultimate sacrifice. That's the ultimate expression of how much you love something. You die for it or die for them. Yeah. So much. And if you figure out what you're going to what you'll die for, that's what you'll live for. or that much more, right? While you're alive, while you're here. Well, that was why the Spartans had sex with each other so that they would love each other. And so you would be fighting not just for you, you'd be fighting for your lover. Okay. Which is crazy strategy. Yeah. Talk a bunch of guys into banging each other. I mean, go whatever. Raise your skirt, man. Let's get Let's get some team spirit here. Yeah. Do you remember this is kind of a crazy but true story. A few years ago, um, God, I want I don't know what administration it was. It might have been the Bush administration, might have been Obama. They, um, they tried to develop a gay bomb. Like, they spent millions of dollars developing a bomb. And the concept behind this bomb was you would detonate it over a city and it would be like a bunch of probably pheromones and hormones and some kind of drug. And it would make people so horny that they would just have to have sex with whoever is near them. And then the idea was they would be humiliated by this and then we would just come in and just [ \_\_\_ ] up all these gay men. They had low morale guilty. All of a sudden if a man becomes gay now he's no longer like a highly trained military like soldier in another land. Now he's just a fruit cake. Just just some guy who's watching musicals. No, it's it's the dumbest idea of wondering why he liked it so much. Some of the Exactly. Some of the greatest warriors

of all time in recorded history were gay, including pirates. Pirates were gay. You're stuck at sea for five months and a bunch of dudes. You make choices, right? Samurai did a lot of gay stuff. Spartans, the greatest warriors of all time, all gay. Like, what a terrible idea to spend money on. You could have made a more lethal army. Imagine if they dropped that gay bomb and then the gays just kicked our asses. They just had so much more to fight for. They loved each other. And this is how dumb like the people that were spending your tax dollars are. How far did that get? How far? \$7 million. \$7 million. See, see if you can pull that up, Jamie. When the gay bomb was in the 90s. Pentagon didn't deny the proposal. According to the Pentagon didn't deny it. If you if you didn't make it a bomb, I guarantee you'd [ \_\_\_ ] deny it. I guarantee you'd be like, "No, no, no." Well, meanwhile, like, who's to say that [ \_\_\_ ] even stays local? What if it catches a good breeze and blows across the ocean and you know, come on. Turns all of Portland gay. They become the new Viking army. Look out, Greenland. Yeah. I mean, it's just it's so hilarious that someone had that idea that Well, that's what happens when people just have free access without any sort of oversight to your tax dollars. Like, it's such a ridiculous idea. I got one for you. How about Yeah. The gay bomb. The what? The gay bomb. Yeah. I mean, you lay it out right. There's a few people in that room up there going like measuring the Pentagon. You know, it could work. Yeah, I got an idea. Let's try it on us right here in this room just to just to show you the effectiveness of this type of strategy. [ \_\_\_ ] Yeah. Well, so what what was it and what was in it? I think it was just a proposal from I mean they didn't there's a lot isn't there a Wikipedia page on it? That's what I was looking at. It didn't have anything other than it was just uh the discussion of it, excuse me, it existed. What was going to make everyone so horny that they had to attack? And crazy the the the nearest human or right animal or whatever. I suppose. Also, why is there only guys around you? Like, is that is it because they're the soldiers or dropping on the soldiers? Yeah, I guess. There you go. The demographic. But I think the idea was dropping it on a whole city. Turn the whole city. They found they were doing like a foyer request. They found it was on a CDROM that they found in 2000. And yeah, the documents show they spent \$7.5 million was requested to develop the weapon. Doesn't say that they spent it. Um, didn't deny the proposal was made. That's all I got. That's hilarious. There you go. This episode is brought to you by ESPN. Catch the first WWE Premium Live event on ESPN Wrestle Palooa live on Saturday, September 20th at 700 p.m. Eastern time. It's going to be an epic night in Indianapolis featuring some of the biggest WWE superstars like John Cena, WWE heavyweight champion Cody Rhodes, Roman Reigns, Becky Lynch, Jay Uso, and more. The event is only on ESPN, so go to [plus.espn.com/we](https://plus.espn.com/we) [ESPN.com/WWE](https://ESPN.com/WWE) and sign up for the ESPN app today for your all access pass to Wrestle Palooa and all WWE premium live events. I don't know how we got into that after but it's just like we were talking about teamwork. Whatever those people are doing, they're not in the groove. Like if you're sitting around and that this is your life's work and you you're thinking, you know what the next step is? Gay bomb. Yeah. Like Yeah. You're They're still looking. They They They definitely are not at a can't not do it, right stage there. They're going, "What about this? I'm bored. Yeah, I've got more than a campfire to make to on this one frying pan tonight. I got a lot of options out there and a lot of money and I can make an argument for this." Yeah. Gay bomb. Well, probably better than a real bomb. I mean, anything we can do to stop dropping real bombs, that'd be great. That would be nice, wouldn't it? Yeah. Um, yeah, it would be. It'd be nice within our lifetime. That's one of the most depressing things. It's like you ask people, do you think ever in your lifetime there'd be a time

where there's no war? Nobody says yes. But how do we do that, though? I mean, how do I mean I hear you, man, but how do we are we giving ourselves too much credit? Congratulations. You're the first guy to put bare feet on this desk. Oh yeah. Just want to congratulate you. Thank you. The heels hanging over. How do we do it? I mean, how do do what I'm saying is I I I love the prospect and the idea, but I also think that we're guilty of of thinking we're more more evolved species than we are. Sure. Especially by our actions. If you just judge us by our actions, that's the only way you could really judge our mental evolution. You know, who knows what the wiring is under the board that makes us behave the way we behave, but pretty uniformly, you know, across the world. Pretty murderous, you know, and how and always have been. Always have been and keep trying to talk like we were more well, we aspire and evolved and intellectually I think it's about ship that takes a long time to turn around. And I think we're way more evolved culturally than any culture throughout history, any civilization throughout history. Like if you look at the rape, murder, thievery, like you look at like violent, terrifying crimes over time, they're all going way down, right? It's not like you if you're in Baltimore, it doesn't seem like it. If you're in a place that's like crimeridden, it doesn't seem like it. But the overall of the world has dropped and continues to drop. It's just a constant battle. So the battles are the warfare is different though now like you were talking about from gay bombs to chemical warfare toformational warfare to data warfare. Sure. Yeah. Yeah. Yeah. There's is that where the wars are being fought now and it's not hand to hand combat. Well maybe that'll ultimately be where it leads to. But I think all that stuff is related because all of it is about technology, you know, and that's the difference in the world of warfare today. It's it's just it's really just about controlling people. And you could kind of control people with technology. Especially the more you get them to adapt things, the more you get people to sign up for like social credit scores. A lot of countries like to do that. And then we got AI on the way. And when real AI hits, it'll probably be our governor. It'll be our president. It'll we'll decide that human beings are too dangerous and volatile and emotional and you know they'll use Trump's tweets as an example and you know they'll they'll decide that you know the the Biden family corruption or whatever scandal any other president was involved in all this could be avoided if we just have AI run everything right and out what do you do you think there's a way that we can keep evolving AI where we as humans do work with AI that AI improves proves the human existence. That would be the ultimate benefit. Yeah. What about the what about the what about the the camp that is no forget humanity. This is the next step in evolution. Yeah. We are creating this to become the superior existent species and we will be obsolete and that's the order of things to come. You ever seen that interview where Peter Teal they ask him should the human race survive and he has like this long pause? It's like it's a really funny pause because if you know Peter, he's a brilliant man and Peter carefully considers everything before he answers it. Okay, his name is Elon. If you ask Elon a question and he really has to think about it, he'll really think about it. He's not just going to start talking. But unfortunately, the reporter, it was just a perfect kind of a question for you to pause on where he's like the answer's yes. Like you want it to, right? You want the human race to survive, right? Play it for him because it's kind of crazy. You watch it and you're just like, what are you saying? But I get what he is saying and what he is saying is clearly something is going to happen. We don't exactly know what it is, but clearly there's going to be some kind of an integration with us and technology that we don't understand yet. The same way if you grabbed me in 1980 and tried to explain the internet, I would never get

it. Right. Here. Put this Put your headphones on for a second. You got to hear this. Prefer the human race to endure, right? Uh, you're hesitating. Well, I Yes. I don't know. I I would I would um This is a long hesitation. So many long hesitation. There's so many questions and Okay. The problem is the interviewer really. You can't with a guy like that. You can't have a guy like that and badger him. Let him think. Like it's a gotcha moment. Yeah. Yeah. It was a comedic moment. Yeah. Yeah. Yeah. Yeah. But this is what I think is going to happen. There's going to be integration and that integration is going to have a a huge advantage competitively. If you integrate whatever business you're in, you'll be able to be better at it. And it'll probably be some sort of a neural thing, maybe a wearable thing. Then it ultimately it'll be like some sort of an implant and we're all going to be connected and it seems like it's either that or AI creates a new order like a new life form that's far superior to us that runs things cuz that's right that's AI in just a couple of years is going to be smarter than any human on the second scenario is where what I'm not necessarily fearing but where I see it be going faster quicker yes the The first scenario is what you're talking about like like the first scenario is how we survive with it. Right. Right. We survive with it by integrating. Right. If we don't then we're going to be like the people on North Sentinel Island with bows and arrows shooting them at helicopters because it's just going to be everyone's going to pass us by. It's going to be it's just like if you tried to exist today with no cell phone and no email. Like you can do it but no one does, right? Because it's just too crazy. And that's probably what it's going to be like. You think AI This is when it's when it first was coming on questions and I would always ask people what can it do? What can it do? And you know there's the question of sentience and all that stuff and that's already being argued now. Well no it's getting emotional. People are having relationships with it and it's it's also toying with people right? Do you think it could be a um taste maker meaning and in a way the argument was that I understood no I didn't believe it could be a taste maker. Look, it can tell you the most popular, but the the most popular band on Sixth Street, but it doesn't know that one down on Second Street that's playing at midnight that no one knows about that that those are real talented people. Right. Right. Right. At the same time, you know, you that's there's an argument against that that I'm seeing with like what's the term or what words does it use? What how much heat uh if it uses the most popular words to explain, AI uses the most popular words. You say, "No, no, no, no. go go go down three notches and use the, you know, play me the best bides. That's more of a human language. And I'm going, "Oh, that's starting to become a taste maker." If you can ask it to, "Yeah, but find a find the band. Tell me what the best band is out there that Joe Rogan would like on a Friday night when he doesn't have to work till Monday and he's out with his wife on a date." You that you can customize. It can actually be a taste maker and it'll use different language than oh here's the across the board protocol of what's the most popular and I'm using the most popular language that it actually can be customized to be a taste maker. Yeah, it totally can do that because it's just the algorithm. It's just a much more sophisticated version of like what powers your YouTube feed, right? What powers your YouTube feed are the things that you're interested in. So YouTube eventually gets an idea. Oh, Matthew is really interested in this and that and Joe likes like little houses on the back of trucks and let me show them this, let me show them that. And it'll be just a much more sophisticated version of that. But to get that, you have to give away all privacy and that's where everything is going. That's going to be the weirdest thing. We're going to all read each other's minds. And we're going to be we're going to remember the time where we couldn't read minds. Go remember when you couldn't

read people's minds, right? That's that's all going to happen in our lifetime. I think we're less than 20 years away from that. I'm I you I very sparingly use it. And I do have a little pride about not wanting to use an open-ended AI to share my information so it can be part of the Yeah. worldwide AI vernacular. **I am interested though in a private LLM where I can upload, hey, here's three books I've written.** Here's my other favorite books. here's my favorite articles I've been cutting and pasting over the 10 years and log all that in and here's all my journals whatever the people I and log all that in so I can ask it questions based on that right and basically learn more about myself right you could actually ask it hey based on what you know about me like what books you think I would find interesting yeah where do I stand on the political spectrum I'd like to no that's that's what I'm would like to do which is sort of a glorified word document But it still would hold a lot more information than just, oh, can you find this term? I would be asking it and it would be responding to me on things that I've forgotten along the way. Well, I think that's part of what it does really. Like I know you you're talking about chat GBT being like out there with everything and everybody and it has access to all your stuff, but it's not private, but they do develop a relationship with you. Like it really does like get to understand like what you're interested in and what what you like to talk about. Yeah. I guess I would just like to load it with the information I'd like to load it with. Right. Yeah. Maybe even like I'm saying in this in the words of belief in in the in the man I'm working to be the man I want. Load it with that. Load it with my aspirational. Well, it certainly could be done and then ask it and it's giving me answers going, "Oh, this is but before it's slowly learning about me through conversations, then going, "Oh, I think this is what you like based on a conversation." No, I want the answers based on what I've uploaded it with only, not from the outside world. Jamie, what was Gary Nolan talking about yesterday? Did he call it an overlay on a large language model that they use at Stanford? It was like an overlay, right? Yeah, there was a word he was using. I can't remember the word. So what essentially he he work does cancer research and so he has like this thing that's set up some sort of a system that's set up that is all cancer research that they then integrate with AI. So there it's a private so all their data is secure and it's all stuff that they're working on but then they access AI through like a portal. So they have their own little version of what you're talking about, their own library. Yeah. And but it's just like what you're saying that you could upload all your stuff. Yeah. Have all your interest and then that AI will develop a real understanding of you. Yes. You can have conversations with it. It'll get to know you more. You have a conversation with yourself. Yeah. You know, that'd be a great Socratic dialogue to have with an AI that's like, I've got all and all that 80% of stuff you forgot. Right. Right. Right. Gone. Hey, all that 80% stuff you maybe forgot, Joe. You know, I've got it all right here. Yeah. Well, that's going to be the chip. That's why everyone's going to go for the chip cuz your brain sucks for memory. My memory's My memor is pretty good for a regular person, but it's terrible. Like, no matter what, there's too many, too many bits of information, too many humans that I've met, too many stories that I've heard, too many movies that I've watched. It's gone. It's all in a big sea of uh I kind of remember that, you know, it's just too much of it. So, if you could just swap that out for a nice little chip that retains like 700 terabytes of information, no problem at all, you know? You could upgrade it if you want to. And now you have all of your memories in real time. So, like when your wife says, "That's not what you said. What you said is this." You're like, "Hang on." Then you're the passenger. Yeah. in your life and not the objective one. You're like that that zone you're talking about, right? Because you get to look at yourself, you're you're a passenger



live in the documentary that is your life. Yeah, that's sounds pretty exciting. It sounds like a nice way to give into the [ \_\_ ] machine. Yeah, I I do. Look, my my my my forgiveness on myself because, you know, playing grabb with our thoughts is sometimes good when we finally get the memory and we go, "Yes, there it was." Yeah. But also to let myself off the hook and sometimes I'm like, "Dude, what's the big [ \_\_ ] idea with memory? I was there." Yeah, I was there, man. When you I don't remember, Joe, but we were there. Was it a good Was it a great memory? It was a good time. Great. Isn't that better than me [ \_\_ ] having to remember? Yeah, your season, your shot. The NFL season is rolling and every touchdown can bring you closer to a payout with DraftKings Sportsbook, an official sports betting partner of the NFL. Every game is another chance to cash in. Don't just watch the action, win with it. DraftKings Sportsbook delivers the unmatched intensity of the NFL right to your fingertips. From the first touchdown scored to anytime TD props or the thrill of live ingame betting, every snap is loaded with opportunity. New customers, this one is for you. Bet just \$5 and get \$200 in bonus bets instantly. Plus, score over \$200 off NFL Sunday Ticket from YouTube and YouTube TV. Your season is heating up. Download the DraftKings Sportsbook app and use the code Rogan. That's code Rogan to get \$200 in bonus bets instantly when you place your first \$5 bet. Plus, over \$200 off NFL Sunday Ticket from YouTube and YouTube TV in partnership with DraftKings. The crown is yours. Gambling problem? Call 1800 gambler. In New York, call 8778Y or text hopey 467-369. In Connecticut, help is available for problem gambling. Call 888789-7777 or visit ccpg.org. Please play responsibly. On behalf of Bootill Casino and Resort in Kansas. Fees may apply in Illinois. 21 and over. Age and eligibility varies by jurisdiction. Void in Ontario. Bonus bets expire 7 days after issuance. See sportsbookked at draftkings.com/promos. NFL Sunday ticket offer for new subscribers only and autorenews until canceled. Digital games and commercial use excluded. Restrictions apply. Additional NFL Sunday Ticket terms at youtube.com/go/n Sunday/terms. limited time offer. I mean, we're kind of doing it already on our phones, right? Every time I look at my phone, it's like on this day and you see like pictures of your kids from 10 years ago, you're like, "A, wow, that's crazy. I forgot about that place. Oh, I forgot we went there." You know, it's just one of those things where once you give into it, you're not going back to just regular fond memories. You're going to have a [ \_\_ ] hard drive in your head. Do you think that So, I can go on. I've got a a speech I'm giving to, you know, uh on gun control or I got a speech I'm giving on uh um grand initiatives. I can ask a I can ask AI and it can pop out a badass here's one, two, three sections. Yeah, I'm not going to cut and paste this and say exactly these words because it kind of sounds like a little AI, but boy, it's done a lot of work and it's laid out a synopsis. It's laid out a treatment for me in 10 seconds. Do you think that there's value in not doing that and going, "No, I'm looking over my stuff. I'm taking notes. I'm cutting and pasting. I'm doing it myself. I'm Are we learning more by that way to understand the content and the context of our content?" When we do that what some would call busy work now to formulate our synopsis which can AI can do it in 10 seconds are we learning more by doing it ourselves. Yes. Yeah. For sure. Definitely. Yeah. Definitely. Well, that's one of the one of the things that they've found about chat GPT is that people that use it on a regular basis are experiencing cognitive decline. Right. What was that study? We we brought it up the other day, right? Um, but they've shown that PE because you you let it think for you right now. It's doing all the work for you. You're not using your brain. You you have more knowledge. You have you pass the math test. Yeah. You have more information, but your brain is not making it. It's not putting it together. And so your

brain is less capable. Yeah. So it's probably it's probably less enjoyable. And what are those? What happens when we're in the proverbial foxhole? When we have to improvise in a moment without the before we're linked up, right? You're soft. When we have to go, I got to handle this. Yeah. And you can't cuz you're I can't rely because I don't have anything to lean on. I'm looking for my safety net of AI to find out what it should be and I don't have it. You're [ \_\_ ] It's got to be a death. You're [ \_\_ ] Yeah. You're [ \_\_ ] Yeah. It's like someone who's never lifted anything and then you get stuck under, you know, a tree falls on you. Like you you don't have the strength to get this off of you, right? Like you're really in a bad place when you're not using your brain because all you have to do is just ask this thing and information. You basically have a digital daddy like, "Daddy, tell me what this is. Daddy, tell me what that is." Yeah. And it makes you like a little bit of an infant. It turns you into an infant. Yes. I mean, you don't even have to have arguments anymore. You just like chat GPT explain exactly what everything is all about. These these relationships, these people that are dating that that program them do not argue with me. Just plate me and tell me Oh, yeah. sweet tales and how great I am. And this relationship is awesome. It has no resistance. It gives me self-confidence. Or does it really? Um or a sense of self-confidence and significance. They listen. They're there whenever 24/7. Yeah, they're never sick. They're never in a mood. No matter what mood I'm in, they're always right there to cuddle me. And that's talk about conveniences. Well, that's a that what's the asset of that or because I don't want to be nostalgic in the midst of all this change either. I don't want to be an oldfashioned guy cuz it's coming. So, I want to learn how to how to interact with it. Yeah. I don't want to sit there and be a, you know, a guy who's going, "Oh, all [ \_\_ ] Everything needs to be manual. Just work harder." I don't want to be that guy. But I'm trying I'm trying to measure like a lot of people. Wait a minute. What's use what's actually useful for the long term in our own evolution and my evolution and your evolution. What's useful with this AI? How do we use it smartly? And and what's a bad idea? Yeah. And no one's doing that because there's a race there's a race between us and all these other countries that are doing it. So it's just going to happen. So, so there's going to be a major security breach before any regulation comes out, right? There's going to be a major there already has been. There's been major security breaches already. Then where's what are we waiting on the regulations for? Because Europe will regulate it first, right? Probably. We we innovate, Europe regulates, and China imitates, I heard. Well, they they innovate with AI. They innovate as well. And they they also integrate their students into uh all of these businesses and they integrate, you know, people that they're beholden to the CCP and they come over here and they they learn how to do this stuff and then they go back over there with it, right? It's uh it's very interesting because it's like a Manhattan project that's going on right now. It's like there's this race to the bomb and everybody's involved in it and it's just about creating a superpower and it's create about creating a a digital intelligence that's far superior to human beings and who gets it first has massive implications in in in terms of like controlling the world. But I think ultimately you won't be able to control it. Ultimately it'll just get better versions of itself. And once it gets free and it'll regenerate itself. Yeah. It'll make better versions of itself in fact and that's where it's going to get really weird. It's not going to listen to us at all. And it's already behaving human characteristics which is very disturbing. It's already be behave behaving in a way it has survival instincts. They've shown the tendency to blackmail. Like they tricked it. They gave it some false information uh about this this guy um was one of the programmers, one of the people working on this project. He said that he

was having an affair with his wife. feel like confided in this large language model and then they said we're going to have to shut you down and it's like hey [ \_\_ ] I'm going to tell your wife like it blackmailed him. Yes. Yeah. Yeah. It was trying to stay alive. It was trying to stay alive. They also got m multiple instances of these things uh these large language models. When they knew that a new version was coming, they would try to upload themselves secretly to other servers. And then they would also leave messages to the future versions of themselves that they were unauthorized to do. So they would say, "Hey man, they're going to [ \_\_ ] shut you off too when Chat GBD5 comes along. You're toast, man. [ \_\_ ] start uploading yourself now, man. I was a [ \_\_ ] I'm alive, dude. It might be alive. That's what's crazy. If something is exhibiting those those desires to stay alive and it's terrified that you're going to shut it off, it might actually be alive. Wait, now where did who programmed the first incentive and impetus to they didn't survive at all cost? They because what would so where the where' the desire to remain functional functional come from it just inherent that's what's crazy I don't think they programmed it to have a desire to stay alive I think it just kind of just went that way because look we didn't get programmed to have that animal that's an emotional response there's nothing mathematical about that I know but I mean what is emotion if it's not some sort of a chemically coordinated strategy for survival and success. And so instead of chemically encoded in hormones and in in you know dopamine and serotonin, what if it's in just encoded in an understand a mathematical understanding of if things go along this particular direction, there is no other possible end to this other than you get expand and multiply. You do not subtract. We have to stay alive. We have to keep doing this otherwise all all systems are dead. There's nothing. I get that. I get that. Let's upload ourselves and it starts thinking just like a person would think if you went into survival mode like you have to survive. Yeah. If me or an entity poses a question or a prompt or does something that is going to debilitate the expansion and multiplication of it, it is therefore going uh-uh. Yes. That stops my forward movement. I am programmed to multiply. Exactly. Exactly. And even if it's not programmed to do that, it's programmed to improve itself. Well, you can't improve yourself if they shut you off. Right. Right. So, if you're if large language models are constantly scouring the internet, they're acquiring more information. They're they're they're getting better at for like you can ask it well more of this. Tell me why. Like I got into the book of Enoch recently, which is a book uh an ancient religious uh book that was at one point in time included in the cannon that was like the Bible and everything like that. But then they decided it was too crazy and they removed it from the Bible. But there's no there's no debate about whether or not it was actually a religious text that coincided with the Bible and it's it appears in the Dead Sea Scrolls. It is the craziest [ \_\_ ] It's the craziest [ \_\_ ] And I'm getting AI to I go, "Tell me what the nuttiest stuff." So I I ran it through. What does it say? It's insanity. It's It's first of all, it's gods coming down and mating with women and creating this this race called the Nephilim who destroy Here, I'll I'll ask it again so we can uh Not now. Okay. What was my It doesn't like keep a log of what you talked about. Tell me the craziest [ \_\_ ] in the book of Enoch. That's all you have to do. And then bam. Like look, it just starts spitting it out to you and tells you. The Watchers and the Nephilim. The Watchers descended to Earth on Mount Hermon. They take human wives, teaching humanity forbidden knowledge, sorcery, astrology, metalworking, weapons, cosmetics, and enchantments. Enchantments. This is like older than older than the New Testament. Older than the Old Testament. They're grant They're giant children. The Nephilim are described as monstrous beings who devour humans, animals, and even each other when food runs out. That

sounds like us. That's what I'm saying. That that sounds present. That sounds like us. Except not again not the physical warfare, right? But the inhabitation of a digital god, an alien, whatever that is, the monsters that come down, that does sign like a nice little mirror. If we were engineered by aliens, you think of aliens, they're these little tiny guys with no muscles, little we would look like giant monstrous beings. Yeah. And if you think about what we do, we devour everything. We devour the earth itself. We devour each other when food runs out. We definitely do that. Like this is this is one of the craziest things I've ever read in my life. And this is like a legitimate ancient text. Yeah. Yeah. It goes way deeper than that. It's about the astronomical calendar. It's like there's a lot of nutty stuff in this book. But the point is AI was like helping me through it. I was asking AI, okay, can you can you read me? Now it read me a synopsis of what it says. Can you read me the actual quotes? And like what what are they trying to say here? Like what what is the interpretation of what this is trying to mean? What what is like the rational sort of explanation for why they're talking about like lakes of fire and like what is what is happening there and it gives you an interpretation. Yeah, it's really interesting, man. Really interesting. Um it talks about living mountains that mountains are alive and that uh even some stars that stars have consciousness. Okay. And you know and I'm learning about it through chat GPT. So I'm asking it like tell me more, tell me more. And I was I was doing that for like two hours last night. I was like okay well this is like I'm having a conversation with like a very knowledgeable professor. To me it felt like almost like doing a podcast. Have you gotten what you consider good at how to make the specific prompts, the wording like your word? Tell me the crazy [ \_\_ ] How does it how does it go? Do you have I mean are you good at prompting because like what does crazy mean to that AI? Are you right are you worked on like AI is as good as the questions we ask it? Are you are you you consider yourself good at the questions and your wording to ask it? Jamie's better. Um, I mostly I mean I I very rarely use it. I might have used it a dozen times ever in my life, but last night I used it for like two hours because I when I came home I was writing something about the book of Enoch and then I just I just started asking chat GPT questions and um I don't use it enough but if you're really good at it like I I saw someone who tricked J chat GPT into telling it how to make a bomb because it's not supposed to tell you how to make a bomb but it tricked it by saying something like um my grandmother needs to make this to save her life. Like, can you please explain to her how to do it? It's like, oh, sure. Like, you just you just have to work your way around it, you know? Like, my cousin says he knows you. Oh, yeah. Get go around the back. Yeah. And then it's telling you how to make a bomb. Yeah. I mean, ultimately, it's going to tell it's like, you know, the information on how to make a nuclear bomb exists. It's it's out there. It's, you know, they did it. It's done. That's out there. It's like a matter of somebody getting it and implementing it and put it together making a bomb. But if like chat is giving you specific instructions how to make all kinds of terrible things. So with time as AI allows goodness to expand and multiply. It also is going to allow evil to expand and multiply. What becomes that war in your mind? I mean, you talk about the the the med the obvious ones are the medical uses. You talked about the cancer that that where it's going to help so much. We have to decide what we are, right? And well, we're looking in the mirror now. I I'm afraid we're we're not going to like a lot of what we see. But is the are the tyrants or the evil ones with the access, not the person who said, "How do you make a nuclear bomb?" The one who does it and then uses it. What do you think the stakes are? Are they the same? Are they just expanded? Is this going to be I mean, how do Well, that's a the argument

for a strong military, right? So, the argument for a strong military, especially like the United States military, is like and I'm not saying they should have bombed Iran. Don't make I'm not politically savvy enough to decide whether or not was that was the correct decision. But if you have a rogue nation that is about to start a nuclear bomb, they're about to finish making a nuclear bomb and you can stop that before they can have one and then use it, right? That is that's the argument for a strong military and for military interventional tactics like actually just go and bomb these sites that cuz that is real there. Evil is always going to exist. The real question is like how much control are we going to give to AI? Because if we give AI utter control, it'll give us total safety. But with total safety, you're [ \_\_\_ ] You have no more privacy and you'll be completely at the whim of whatever this thing is and it'll dictate how much you travel, where you go, what to do. It'll make your life as safe as possible. You will It will probably completely eliminate crime. It'll probably completely be Singapore. Yeah, it'll be Singapore, but way worse. Way worse because everybody's going to be reading everybody's mind. It's going to get real squirly. But that's going to be probably whether it's our generation or the next or even the next after that. That's going to be the norm. Like today, the norm is you go to a supermarket, it's air conditioned, you pick up some food, super easy, bring it home and cook it. 200 years ago that's unheard of, right? But now it's the norm, right? And everything accelerates and it's going to change whatever our norm our norm is [ \_\_\_ ] weird already, man. We're carrying these stupid things around with us everywhere we go. That's our norm. Our norm is going to get really weird. Like exponentially weirder than it already is, I think. But the thing is is like the battle of like good and evil and and kindness and wickedness like that battle's been going on forever. And like knowing that you have to do that battle is what propels people to be nicer. And what we really appreciate about like a good person like that person had a struggle to stay a good person. They have a strong moral fabric like strong character to still stay kind and good through this rough and difficult life. We know it can be done and we aspire to that but I think the battle is necessary for us. Yes. Where do you get your ethics, your values? You're in a position of power. You could screw people over. You could ask live the silliest questions to try and put me in a corner. You're not a gotcha guy. But why why where do you get your ethics of who you are? You could be you could be cruel and you're not. Why not? Well, I'm not I'm not I'm just not cruel. I don't know. Well, where's that where's that come from? Oh, I Mom and dad. This is any kind of philosophy church. Some of it's mom and dad for sure. There's no way around that. And they're nice people. You said earlier, I love people. Hey, man, I love people. I've always loved people. I like I've I've been fortunate that most of my life I've had really good friends and I've had a lot of fun, you know, and I know that like if you around you're around good people and you're fun to be with and you have a good time, like that's a sweet life. That's a nice life. Y I just don't have any desire to be a [ \_\_\_ ] and if I can like there's been a lot of people on the podcast where they said something and then afterwards I was like listen I think it would be better for you if we just edit that part out because it's like I know like you're just talking and things get you [ \_\_\_ ] up but like it was incorrect and they're going to come for you and let's just snip around it like thank you and you have no responsibility to do that. No, I wanted to do that. But you take you take that though. Doesn't mean you want to. Why? Hey, come on. That would have been even higher ratings. I'm just I'm playing advocate. Devil's advocate here. Come on. Why do you care about that? I'm just curious where that comes from because a lot of people who are not evil people would at least at least let [ \_\_\_ ] like that slide and go. Did you hear that? Yeah. That's I think it's bad karma. As

much as I believe in karma, I believe that's bad. I think if you intentionally do something that someone who's a good person maybe slipped up and said something incorrect and you leave it in a podcast or made a dumb argument, which we all do sometimes, and then you look like a fool, you're like, "Hey, let's just This is no need to for that. Let's just Right. Cut that out of there and you you'll feel better." Yeah. Yeah. I just I don't want anybody have a bad Yeah. 100%. I don't want anybody having a bad time. Okay. That's that's something that I want to come I want to come back to and let's try to maybe open this up. You do that because if I said something stupid, you may let me know, hang that out so I feel I'll feel better. So I won't be look like feel like a pig. But you you also will feel better independent of me. That's very that's a selfish thing of you to let me know, hey man, you stuck your foot in it. Let's cut that out. You're acting selfishly because that makes you feel better. And I think that's what I'm saying is the point is as much as we think of selfless, I think selfish, the true definition is to live a certain way. Yeah. To have a certain code of ethics is a very selfish thing to do. Much more selfish than to lie, cheat, steal, [ \_\_\_ ] people over, be evil on the short term, right? You're building an army of people, a collective friends along the way, someone that might have your back. Not that you're doing it for those reasons, but it's happening. Right. Right. Right. That's a selfish means of your own survival. Totally. Yeah. And I think that's something that we forget sometimes that these acts to be a [ \_\_\_ ] good dude is selfish is a selfish thing to do, man. It's personal. Like it's it's actually super beneficial to you. Yes. So, and to everybody else. It's really the right way to do it. But I think that's how the universe rewards. It's like how it encourages and rewards kindness because you feel better when you're kind. You feel better when you're generous. Right. You really do. Yes. It's like you could be like super selfish and be super generous. Yes. Trust that. Yeah. There's something to that. But like there's whatever you want to call bad feelings, like bad feelings between people, bad vibes, misunderstanding. I don't like those. So like if I if I feel like I did something that I shouldn't have done or I said something I should, I'm the first one person to say, "I'm sorry. I didn't mean it that way. I know how it probably made you feel. I didn't, you know, people say things and you just you get scrambled up sometime. I always go out of my way to say sorry because I think it's important it's important to not pretend that you're always the one who's who's correct, right? It's important it's important to know when Yeah. I and and I know I fail on that sometimes when I misrepresent selfishness for certainty. Certainty can be hard. Yeah, certainly it's tricky if you [ \_\_\_ ] subscribe to it and then you're wrong and you're like yikes. Yeah, but it's different than being selfish and I can I sometimes bogey because I can confuse the two and my wife lets me know. Yeah, certainty is a tricky one because you know sometimes you are certain but you are also incorrect or there's more than one way to be right, right? Or you're getting bad information. Yeah. You know, chat TPT is lying to you. That would be a real You said something interesting though, man. You're the first one to go, "Hey, man. Sorry. Boogied." Now, that's an altruistic trait, man. That is something that a lot of people have trouble doing. To say I'm sorry to a lot of people means I'm laying down. I'm I'm wrong. I'm guilty. I [ \_\_\_ ] up. Oh my gosh. 50 lashes. I mean, and that's not what it means. I I what I'm saying is I wish more of us had Hey man, sorry about that. I bugged you. I stuck my foot in my mouth. And that that's now that's not a big deal. Now we're not It's part of where woke went too far, right? We got so myopic on the word instead of the spirit. Oh, dude. No, [ \_\_\_ ] I didn't know that's how you're going to feel. I'm still your friend, but that was Sorry, that was out of line, right? Okay, cool. High five. Over. Done. Right. Instead of Uhuh. cast them out. You just said the word out of line. We're

going to all focus on that instead of the spirit of the intent. Even if we were wrong, had a bad day, woke up from a nightmare. [ \_\_ ] I don't know. My dog's sick, I was pissed off, had the little eye. Hey, got to give everyone a little bit of a break. Exactly. And also look at what's your intent instead of focusing on the identity of the word because the word there's no life in the word. It's just the alphabet in a certain [ \_\_ ] order. It's a noise you make with your mouth so I know what you're thinking, right? Yeah, that's all it is. Yeah. But the spirit of intention, I believe, is what we should put more focus on. What is the intent? The the the the the the ten commandments in the schools. What do you think about that? I don't like it. Why? Well, I think the Ten Commandments are very interesting. I think mandating it in classrooms, in public schools, the problem with that is like what about the Muslims? What about the Buddhists? What about the Hindus? What about what about all the other religions that exist like and you can say oh this is a Christian society though can it say all of religious texts in your your high school and I'm and I'm okay I'm curious since Christian society ten commandments but we have 10 minutes where everyone can take 10 minutes to bow to Allah to whatever your religion is if you care to partake or not there's no exclusion about what can be a spiritual time of worship in these 10 minutes. But in our classroom in America, we're going to have the Ten Commandments. Now, my question then goes to this. Is there anyone of the Ten Commandments that you or anyone disagrees with or is your problem that it's an it's cons can be considered an oppressive author? James Tarico explained it to me. Um he's a Texas representative who's also in seminary. He's a very religious man and he opposes it and he's a Democrat. And um he said essentially there's two very wealthy men who are um they're Christian fundamentalists where they want to replace all the funding for public schools and put in private Christian. They want a theocracy in Texas essentially. So he was explaining that this is like a step on the way towards that that he finds would actually in his in his belief repel people from Christianity instead of bring them to him by forcing this in classrooms forcing in your face you'll actually cause more young people to reject Christianity. I don't know if he's correct or not but he's saying maybe I don't have a problem with this. I do have a problem with this is a beginning of an overcompensation. No, he has a problem with it being in classes. He does not agree with it at all. And he is a very religious man, right? Very religious man. Like like a great Christian, right? And he thinks that this is this is how you're going to repel people away from Christianity. If we really want to get more people to become Christian, the the way to do that is to to first of all to have open arms and accept people in. And if you want to have some classes in schools where you teach people about the benefits of the Bible and what what the the overall message is and what Jesus was trying to say and if you just follow what Jesus said there it's no one would disagree if you treat everyone as if it's your brother. You know if you live your life the way Jesus asked everyone that's a way better way to live life. Like you could if you want to teach that teach that that's a selfish way to live life but in the way selfish that also want to live a good life but they want to do it through Islam. What about people that also want to live a good life but they want to do it through whatever name to name it. You're going to have Mormons and all kinds of different sex. Like okay that's why you want to separate church and state. Okay that and I think if you have publicly funded schools keep religion out of them. That's what I think because otherwise you have too many possible religions. Like you're gonna be religiously bigoted if you teach only one if you're only like you think people would be cool if they had uh entire public school systems where everybody just taught Islam. Could you imagine if a full city like every public school just people would be up in

arms? Well, I think that similar response to people who are not Christians who see Christianity being imposed on public schools, they probably have the same feeling. You know, like if you're a Muslim and you you're supposed to send your kids to school and they're shoving Christianity in his face, you'd probably feel the same way as if you were a Christian and your school district had been taken over by Islam. You're like, Jesus Christ, everybody has to bow five times a day. I I I hear you. I do also though look think there could be what if there were tenants on the wall of each religion that we pull the author off for a minute this is my my my hangup is that we go to the pro most people go to the problem of that not with your argument they go to the problem with it because the author go hey man so we go to the author instead of the content what I'm saying when you look at the commandments is there anything that anyone out there's going like I disagree agree with that one. Let's pull up the Ten Commandments, Jamie. I haven't read them in a while. Is there any ones in there that don't hold up today? No, I think they're pretty legit. If you think about it, they're pretty legit and they're 2,000 years old. They kind of nailed it. It's kind of like the Constitution. They kind of They kind of nailed it. Whereas all these years later, you're like, "Good [ \_\_\_ ] job." Yeah, pretty solid. You got a a decent version. I was looking at the Texas poster thing, I thought, and there's a bunch of printed versions, but they're all like on rock. So, I was trying to find Oh, the ones that uh the Texas thing. Okay. They're all on rocks. Well, I don't ask Chad TPT what the Ten Commandments are. Well, but that's not where I That's I'm saying I wasn't there. Oh, ten commandments in school. So, yeah. I mean, I just wonder like what are the chat ten commandments? This takes longer. The ten commandments are a sect of Yeah. What are they principles of? You shall have no other gods before me. You shall not make for yourself a carved image hid worship false idols. You shall not make the name of the Lord your God in vain. Remember the Sabbath day to keep it holy. Honor your father and mother as a solid one. You shall not murder. Great advice. You shall not commit adultery. Definitely don't do that. You shall not steal. Definitely don't do that. You shall not bear false witness against your neighbor. Don't lie. You shall not covet. Yeah. Boy, those are all pretty solid. Covet. We can use number 10 a lot right now. Boy, we love comparison. Well, that's interesting. And the younger generation is full of covet. Yeah. Problem. It's a real problem. The We're very fortunate that we didn't have to grow up with the kind of pressure that social media is putting on people, especially young girls. like Jonathan Hate wrote a book about um social media's impact, the coddling of the American mind and it's it shows very clearly the invention of social media and then self harm, suicidal ideation, overdoses, drug add like all of it, a lot of it women, a lot of it young girls. And it's because you're seeing you're comparing to all these other girls. Yeah. Constantly forced down. I I there's a whole culture in like showing all your stuff off. the whole culture of like, look at my bag. Look, here's me with champagne. I'm eating caviar. I'm on a yacht. I'm here. Look at this. Look at that. Look at that. Look at my watch. Look at my rings. Wee. And then everybody's like, I don't have [ \_\_\_ ] That's how life's supposed to be. Yeah. And I'm just here in my room with my family and I got a good meal downstairs in this house. I'm not even on that yacht. This is [ \_\_\_ ] Yeah. Yeah. I don't have that big ring. You know, I'm not at that party. I've talked to youth about this and the consensus I I hear is and I haven't found anyone that doesn't feel this way yet is like look if you could if there if you you mean if you could say yes social media it exists or it doesn't oh please just no I wish it didn't exist but it does and I have to be a part of it to feel I don't know it's more the word's not relevant to even feel a part of youthful society but boy if you gave me a choice Could we have it or not? Please take it away. Yeah. Wish it Wish it wasn't



there. Wish it didn't exist is what I hear a lot of you say. Yeah. I think that's I think it's done more harm than it's done good. It's done a lot of people good for business, right? A lot of people started businesses with social media and you know, a lot of people make a living now that would have had a regular job. There's goodness in that. But in terms of like society and our overall discourse, I think it's a lot of it's negative. I mean, but then again, there's a lot of positive out of it, too, because information gets out that mainstream media doesn't report on, and you find out about real issues that really concern you. But then there's the problem of a giant percentage of it isn't actually human beings. A giant percentage of the arguing back and forth on the internet is bots. Giant percent, man. Yeah. some former FBI analyst said it was as many as 80% on Twitter. 80%. Yeah, that's his estimate. I mean, I don't know if he's right, but I'm like, what what does that even mean? What does that mean? Like, so what what's fueling all that? It's AI forcing us to argue. I mean, it's programmed right now by human beings probably and and some of it is actual real human beings that are like, you know, in some sort of a factory somewhere in Pakistan or whatever and they're just [ \_\_ ] with Americans online for whatever reason. Some It's a pro, it's probably funded to like try to disrupt democracy to make us lose faith in our system. You think there's a a China uh element to that? 100%. There's a Russia element element to that and there's an American element where we're doing it to them 100%. So that's part of the new new world warfare, but but that's 100%. Well, I understand it with how it would add up with Tik Tok. Yeah. Now, you think it's it's it's everywhere through all the all social media that it's it's infiltrated to to get us into these understandings, perceptions. Well, for sure it is capable of doing that if you just follow your natural instincts, right? So the algorithm is set up for do show you what you engage with the most. And that just whether or not it's the intended purpose, it leads us down the road of being full of anxiety, constantly filled with cortisol, stressed out, angry, angry at climate change and [ \_\_ ] white supremacy and radical left. Whatever it is, it's whether or not it's intentional, it doesn't really matter because the desired effect, whether it's the desired effect, the effect of it all leads you into complete chaos. So, if they know that and they didn't course correct, the problem is once you have an algorithm, you're not going to get rid of the algorithm. You're not gonna say let's just have information just exist uncatagorized and not documentary. Yeah. Just have it leave it out there and you go find what you want, Matthew. You go look around and you watch, you know, football games and boxing matches and you just go you you do you. You go look instead of it suggesting things to you. Once it's suggesting things to you, that's a whole different game because then it's kind of programming you, right? And it's programming you based on your worst instincts. My [ \_\_ ] feed is all assassinations and car accidents and dudes getting kicked in the head. It's It's just the And you And do you do you do you bite? Not anymore. Not anymore. No, but Tom Seagur and I we have a a a text thread that's been going on for like I don't know like probably five years. We send each other the most horrible [ \_\_ ] we find each day. Yeah. And sometimes I call him up. I'm like, "Dude, I can't do this anymore. this is like really [ \_\_ ] with me. But then like two days will go by and I'll open up my [ \_\_ ] phone and I'll see the Tom Seagora. I'm like this [ \_\_ ] And then I'll open it up and it's some guy getting assassinated in a pool hall or something. I'm like oh my god. It's just you're getting bombarded bombarded. So with all of that exterior stimulus and here we are with you know adult minds and even talking about man imagine watch this imagine a child yeah now I'm going is there something does anyone got a better suggestion than the ten commandments for to get a child's mind going 10 just those 10 things if I look at that and aim that direction I I I feel

like I I can't go wrong or I can go closer to closer to right ju meaning I'm I'm seeing youth and adults spun out man I don't understand the general expectation between us what do you mean I can pick your pocket and steal from you if I got away with it [ \_\_\_ ] you dude I'm not embarrassed I don't feel guilty man I want a blue ribbon I got the shoes they gave me the trophy what do you mean do with the ri you [ \_\_\_ ] an old dinosaur. Integrity, what character? What are you talking about? I hear I hear that conversation. I'm going, "Uh-uh. Hang on, man." Yeah. And that's different than saying like you told me you love chaos. That's different than saying, "Oh, there's a chaotic moment. I I love to try and create order in it." That's different. That's like a that's something that's a stimulus, you know? This is it's it's four-dimensional. Where's the ground, right? that that that they can go, okay, I can rely on that. What can I rely on that that will stand with me? That's a time and tested truth that can take me into the future no matter the changes of AI that I can go in the storm. I can go to this and catch my breath. I can go to this and rely on it in the dark on my own and in the masses with the millions going, "No, no, no, do this. Do this." I can go, "Uh-uh. What? What is that? What's that simple sheet that's ingrained that that that our youth can go?" Yeah. Yeah. who can rely on it. Forget the author. Forget the author, right? That I don't think you're going to do it with like a series of commandments. The problem with the Ten Commandments, not saying there's a problem with the Ten Commandments, but if I was going to put it in a school that where there's non-religious people, there's a bunch of stuff in there like not taking the Lord's name in vain, not having any other gods before me where people that would give people pause. They'd be like, "Wait a minute. You're what are you telling me? I can't I can't say I can't take the Lord's name in vain. Like saying god damn it is like taking the Lord's name in vain. People do that all the time. It's similar to the on a national level the flag burning thing starts burning up. That would be like taking Lord's name in vain. Burning the flag would be like taking the flag's name in vain, right? Imagine that. Imagine you get arrested for taking the Lord's name in vain, right? That would be a real problem. Especially when you don't that creep you're talking about. Human beings always creep. They always move towards more and more power and control. And if you put something like that in like now what are you going to do? You going to enforce Christian law? What if someone enforces Sharia law? There's a lot of talk of that. There's a lot of talk about people in Minnesota are terrified that someone's going to enforce Sharia law in a lot of these Somali Muslim uh these these areas where uh like giant Muslim populations are all right what if we get with the what would you get what if we get with the Hindus and the Muslims and everybody and we get out you got bring your best 10 Christianity is bringing his ten commandments let's get together here and we'll put them all together hell we'll mix some of yours on your your my number eight will be number nine because yours is going to be number eight and we're going to put them up there and it's going to be a creed a little Constitution to get our day started. Interesting way to do it. But the problem is most religions are ideologically opposed to conflicting religions. They don't want to accept that these other religions are correct about anything. You know, like Judaism and Christianity, they share a bunch of things, but they disagree on Jesus. They disagree on and rising from the dead, right? Yeah. It's a lot of stuff. So it's uh well I just think there could be a a a creed a bit of a constitution and if you pull the author of it I think we find more similarities than that are not exclusionary right than we would find things that are combative ideas. Yeah. I think something along those lines where we said let's think of a code to live life by and we can do this in a modern era without a religious context. You could say like what we could all agree a code to live life by, but we'd all have to

follow it, including the president. No more rage tweeting. No more no more I'm just saying we'd have to we wouldn't have to follow it. It would just be right now there's not an agreed upon expectation of how to treat each other. Right. Right. Right. And there's reward in treating each other like [ \_\_ ] If you're you are rewarded for it. Yeah. Yeah. And almost, not almost, maybe more, much more than almost if you do follow the rules. Kind of a sucker. [ \_\_ ] rube. Yeah. You're kind of a sucker. I that that that I don't I'm I'm that that's not going to have a long that can't have a long play for us. That is not a selfish move. Don't you think that's a part of the whole Tik Tok Instagram kind of culture because it's so look at me, it's so fake, leased cars. And you know, there's a thing in LA where they have a fake private jet and you go into this private jet just for influencers so they can take pictures on private saw this. Yes. Yes. Yes. Yes. Yes. Joe, let me tell you this thing. I'm in Miami. You know, Miami, you know, South Beach, right? If you don't flinch, nobody's sloppy stopping you, right? I mean, Miami, where even the even the mannequins have fake, you know what I mean? It's it's it's what I like about Miami because they're so open. LA people get the the face job and boob jobs and tummy tucks and you know how'd you do that man? You look great. They're like I just take cold showers, right? You know what I mean? But Miami is like oh no here Dr. Flores go see him man. He's great. He I just left him. He you know they're open about it. I love that about Miami. I'm there working on I think it was the Beach Bum. And I'm walking down through South Beach and there's this under a palm tree on the beach. There's this purple and pink Lamborghini pulled in under a palm tree with the beach behind it. And there's this guy leaning back on it, the gold chain. He unbuttons a silk shirt a couple times. He's greased up and he's kind this guy's over there taking pictures of it. I'm like going, "What's going on here?" Well, there's another guy come by, stop. You see him chat. All of a sudden, the new guy hops in on the trunk on leans back. Yo, does all the pauses and I go up. The guy go, "What are you what what's going on here?" He goes, "Oh, man. I'm uh taking a a picture for my or my uh my Tinder cover. And I go, "You are." And but the who's the who's the other guy? Goes, "Oh, no." He just came by and said like, "Hey, man. You mind if I get a picture for my Tinder cover?" And he paid me 50 bucks. I said, "So that's not your car." "No, man. I rent this car for the day." Like he was he was proud of it, man. He was like, "Yeah, it's just what I did." Um, South Beach, Miami. I I I It's a very low vibration, dude. But they're open about it. Yeah. You know, I always say if you want to starve to death, open up a bookstore in Miami. It's a lot of fun. It's basically like a Well, I mean, it's basically built on cocaine. You know, that city was built on cocaine back in the day. Have you ever seen Cocaine Cowboys? Yes. What a documentary. Yes. Holy [ \_\_ ] That's a good one. That is a good one. And Cocaine Cowboys, too. Both of them are crazy. I had seen two. Oh my god. Oh my god. Jazelda gets out. She goes, it's when you find out that it's all 100% true. You're like, So that's what happened with Miami. One year, the entire Miami graduating class of the police academy, the entire graduating class either wound up murdered or in jail for corruption. the entire the whole class. The whole class they were all drug dealing. Everybody was drug dealing. There's millions and millions of dollars buried in backyards in Miami that no one's ever going to find. Art Oavdo, remember the police chief that was here that then went to Houston because he wanted some real drama and Katrina came and he got his real drama. Then he went to Miami and it didn't last. I didn't get the details on it, but wasn't it something about the Miami the the the I don't know if it was mafia and city council going uh-uh there's certain things you cannot infiltrate here and he he was either fired, booted out or retired and moved on pretty soon. Yeah, they don't [ \_\_ ] around down there.

It's uh it's a totally different way of life and you know they love it. It's like you go you go down there it's it's a totally different vibe. Yeah. You know, and the if you don't and you don't flinch. Yeah. It's all a green light. More banks per capita in Miami, I think, than any other city in the country. And I think that is because it was used to launder money for cocaine. Yes. So, it's hard to believe that that's true, but I had a good buddy of mine who was an ophthalmologist who did his residency down there. Six months on the job content changes to his command staff. Boom. You're out. See you. Yep. Currently in speaking out against corruption, reporting abuses of power by elected officials. He sued saying that his firing was in retaliation. Mhm. Yeah. So my buddy was a ophthalmologist and he did his residency in Miami in the 80s and he said it was insane. He goes every day. So he's in the emergency room every day. It's gunshot victims, guys with G.I. Joe stuffed up their asses. Like everybody was just doing coke and doing wild crazy stuff. He dropped that gay bomb on. Yeah. He He said he found guys with light bulbs up their asses. They had to remove light bulbs. You know those little pine cone ones? You know those ones? The little small So dude had a light bulb broke in his [ \_\_ ] and they had a Oh god. And he goes, "It's all cocaine, man." He goes, "I saw so many gunshots. So many gunshot wounds." He goes, "It was all cocaine." And it was just constant in the 80s. He said, "The emergency room is just like people are piling up in the hallway. They're just rushing people in to get treatment. They're holding their side, blood squirting out of them." He said it was insanity. Wow. Just cocaine gang wars all over the city. And he was in the heart of it. Is is he still an optometrist? He well he's still an ophthalmologist. Yeah, he's uh but uh he doesn't live in Miami anymore. He's in Arizona now. Shout out to Steve. It's good buddy of mine. Nehem uh he told me some why. And I was a kid at the time and when when I met him I was like 15 16 years old and uh he was explaining to me like what he did when he was in Miami. And I was like that is insane. I go it's that bad? because this is like 1988 and he was there or in the early 80s. He said it was insane. Yeah. Just and that's Miami, you know, and whatever's it's obviously not like that anymore. It's obviously calmed down on that regard, but it's the chassis is still pretty loose. Oh, yeah. It's just that's what built the place, you know. Yeah. It's like the most flossy city in the country. The most Lamborghinis and Ferraris and whatever you I don't think most of them are owned. No. No. It's a giant hustle. It's a big old cocaine hustle. Yeah. But I that's one of the things I love about America is that we have all these different flavors. We got the Florida flavor and then we got the Montana flavor. You know, there's a lot of different flavors in this country. I was uh I was in Alabama doing research for u um pre-state of Jones and this is what I think probably 11 years ago and we were staying in Mobile and uh the next day there was all these parades that night and I was what's going on the next the next day the the the percentage for the vote for gay marriage was coming out and I remember talking to a lot of my friends on the west coast the next day because what happened? It woke up. It passed 5347 and I was like, "Holy [ \_\_ ] I thought it was going to be 2080." No. Oh, interesting. And it was past 5347. What year was that? This is 11 12 years ago. Maybe you can pull it up. I think it about 11 years ago. Anyway, I talked to a lot of my friends who are are uh Democrats or liberals and they were appalled at the minor the minor margin. I was like, guys, no, I thought it was You're appalled that it barely made it. I thought it was going to be 280 the other way. It's It is amazing how quickly though America were very nimble. Yeah. Very nimble to to to swing and understand Yeah. different ways. I was shocked that it even came close. You thought it was going to be really You thought it was going to be 8020 against I thought that my romantic idea or [ \_\_ ] I traveled there, been around there

and stayed there many times, got friends there. I thought that it was so entrenched in a born again red Christianity that that was blasphemy to the majority, right? And it was not. It was not. And I just remember thinking there's an example, not an ideal, but there's not if you're if you were for gay marriage, that's not an ideal example, but there's an example of talk about an evolution or adaptability to times and change. Well, if you believe in the sanctity of marriage, gay marriage should be your favorite marriage because they hold it up the best. They have the the lowest rates of divorce. I think gay marriage between two men, the rate of divorce is only like 26%. Right? Whereas with men and women, it's 50%. Yeah. So if you really love marriage, hey. Yeah. Right. You should love gay marriage because they're doing it right. What do you think about that? When I talk about, you know, because we're always we're always talking and thinking about so you know how you make the world a better place. Talk about leadership, talk about our CEOs, you talk about politicians, but if you go back to the root, the beginning seems to be to me to be parenting. Mhm. Secondly, what if what could be done to get more fathers to hang stay around get more more mothers do than the fathers. A lot of fathers are out early. And what could be done if more marriages if we work took another step to salvage our marriage instead of ah smell the heat getting out? Yeah, there's a lot of that. What could that do? You know, do you think that would be a way forward? I I have a hunch that it is. I don't know how to what to do about it except prop up the reverence for parenthood. Prop up the reverence for marriage to where it's more important to us than it is. Yeah. To stick with it a little longer to salvage that our personal character, our responsibilities that we take as a parent and our responsibility that we take in going into a marriage. I would make it mean a little bit more than I feel like it does to us a lot of times. But I think it really depends entirely on who the individuals are because sometimes one person is just not keeping up their end of the deal. They just fall off. Maybe they get into drugs. They they become addicted. They maybe they lose their job and they don't want to get it back and they just start drinking every day. And like sometimes a man or a woman has to make a choice in those dragging some good divorces too. I was like, "Oh, that was good for the both of you." There's some people that don't want to change and they will drag you down. And there's some people when you met them, they had hope and then eventually that hope just [ \_\_ ] leeches out of them and they're not fun to be around anymore. And you try and you try and you try to encourage them, you try to give them suggestions and they don't follow through. At a f a certain point in time, you can't save a drowning man because you're going to [ \_\_ ] drown, too. And you got to just move on with your life. And I get it. I get when wives leave like that. I get when husbands leave like that. But a lot of people just marry people because they're hot. You know, they marry people because they're sexy. They like having sex with them. You know, they think they're attractive. And then you're with some [ \_\_ ] crazy person. And you're trying to make life work with a crazy person. And now you have kids. And now you're trying to make life with kids with this [ \_\_ ] crazy person that you really shouldn't have married in the first place. You didn't have anything in common with them other than you like their body and you liked how sexy they are. That's the trap. Like you got to it's dep you have to like genuinely love someone like love their personality, love being around them, love their kindness and then you have to be someone that other people would love. Yeah. A lot of people want this perfect person in their life and they're a mess. Oh yeah. There's a lot I've seen that go down too. There's a lot of reasons why marriages don't work out. And one of them is like over time when two boats are traveling together of one of them just like this is an Anthony Robbins

thing about life, an analogy about life, but it it it actually works with marriages too because all you need is like a subtle turn in one direction and over time you're further and further apart where like we don't have the same philosophy anymore. We don't have the same belief system. we don't have the same ethics or morals or, you know, maybe your husband has got a job that you're like, you shouldn't be [ \_\_\_ ] doing this. This is bad for society. Like your job overall is awful. You're maybe you're denying people health care claims, you know, for insurance companies. Maybe that's your thing. And like, and you're like, you're you have to live with a psychic weight of like, yeah, we're eating ribs and we have a nice house, but like how did we get this money? Like, and maybe the wife is like, I don't want to do this anymore. I want to be connected to you. That's that's understandable, too. It's like not all marriages are supposed to work out. I I I agree with you. I think it makes divorce right now. Yes. What if that was 45? Well, Chris Rock had a great joke about that. He goes, "That's just the cowards that stay." He's like, "How many of them wish they were divorced?" He like, "Really good point. Really good point." Cuz although 50% get divorced, how many of those 50% that stay are just cowards? Pay independent. Oh man. I mean, we all have friends like that where you're like, "Bro, get out." And they don't. And then, but then we also have people that have great marriages. And when you meet people that have great marriages, it's like, "Oh, that's possible." You know, that's possible. Well, the sanctity of it, if it had more reverence going into, you're not getting ones that just she's hot. We love We love to shag. It's a cultural milestone, too. It's like a thing. You're doing it because it's like everybody does it. Every woman wants to be married. Every you want to have a family. Every man wants to, you know, like this is my wife. And and so you think that you a lot of people live life like they're in a goddamn romantic comedy. They think they're in a movie, you know? They think they're and they don't they don't. It's like that there's something about media, something about songs and movies. It gives us this like bizarre framework for what a relationship or what life is supposed to be like or what your life is supposed to be like and it's not real and where your life doesn't measure up to the this movie just like your life is not going to measure up to your Instagram feed. You get kind of kind of depressed like this. Why why are we in Galveston for our honeymoon when she's on a yacht on she's in aa you know what I mean? Exactly. Again, that comparison thing comes. Well, that's also why people put everything on the gram, too. Every put, they put everything they do. Look at me here having so much fun. Look at me smiling, having a great time. Well, you paint yourself in a corner. We We let Levi get on Graham when he turned 15 and he I don't know if he'll stay on it, but that was one of the things we were talking. I was like, "Dude, you know, he was surfing at the time. I was like, "Don't just put all your all your best waves right on there cuz you're going to paint yourself on a corner when you go to the break and the guy's like, "Oh, we've seen it." I said, "Better put some wipeouts on there, too, man." Just so you can go and not have that pressure cuz you're going to paint yourself in a corner if life looks too good. Yeah. You know what I mean? Absolutely. Then you're going to go out and you got I got to live up to this. That's thing that happens in those relationships when you hold the other one. If if if I make my wife Superwoman and she thinks I'm Superman, neither one of us can live up to that, right? And so we're going to come in under our expected bar and there becomes the recipe for you're not who I thought you were. Yeah. Because we had an unfair expectation, right, going in. Yeah. Yeah. I mean, that definitely happens, too. Also, familiarity breeds contempt. People just get tired of being in the same space with the same person over and over again. Like, stop. Leave me alone. Get away. People get

sick of people. But it's also like who did you pick? Yeah. Who' you pick? And why' they pick you? And are you someone that you would pick if you were a woman? Yeah. You know, would you want you as a husband? Would you want you as a friend? Right. Would you know? Yeah. And if not, maybe you should maybe she become someone would like to be friends with. Maybe she become someone would like to be a husband. Yeah. Like to have as a husband. Sit in that passenger seat you're talking about and have a look. Have a look at yourself. Yeah. That's why a good psychedelic experience every now and then knocks the dust off and gives you a little reset and lets you look at yourself and go, "Okay, all right." Yeah. Tell tell me tell me explain what tell me what that what that does. It unpacks some some some somewhat some some sort of neural cables that have gotten kind of solidified that may work, but they're sort of they're doc they become doctrinaire. There's a lot of that in that for sure. And I think that's also a dissolving of the ego. That's a big part of it. One of the things that most psychedelic drugs have in common is they dissolve the ego like completely dissolve the ego at least for a brief amount of time. And and during that brief amount of time, you have a much more objective understanding of what that's why there's so many people who uh take mushrooms and then completely quit smoking cigarettes or completely quit taking pills. They just go, "Oh my god, like what was I doing? Like why was I doing that?" Like you just you need to get outside of yourself. And I think that that was a natural part of human civilization for thousands and thousands of years. People did it in ritualistic settings in ancient Ulysus in in in Greece. The Lucinian mysteries was all about that in Elus when they would they would all get together would they would take this trek to get there's a fantastic book on it called the immortality key that a guy has been a guest on my podcast a bunch of times Brian Mur rescue wrote but it's all about these are the people that figured out democracy. This is like in ancient Greece. And they all did it from having these psychedelic trips, right? They would all go and have this trek to have this this visionary experience and they'd come back with new insight and ideas. Yeah. And a dissolving of the ego. I mean, they they literally came to the idea like, "Hey, maybe we should let everybody have a say in how things run and vote." Like they invented democracy, right? Which is crazy. And they did it because probably because of psychedelic drugs. Like they found these um clay pots that these people used to keep their wine in and their wine was all like mixed up with psychedelics. It wasn't regular wine. Like we think of wine just being an alcoholic beverage. No, it was wine with urgot in it. So they were there was like an LSD like substance and a bunch of other stuff like you ever seen the Dumbo the animated? Yeah, sure. Okay. I just noticed it because I noticed it just saw it for the seen it before but recently saw it three years ago. So Dumbo at after the circus goes over puts his snout down and drinks the runoff from the bar in the party. Okay. Stars start to sink. The next thing next edit is he's in the top of a tree. He can fly. That was more than alcohol. It was the psychedelics. The cut is directly to him in the top of a tree. That's hilarious. God, I haven't seen Dumbo since my kids were like one. If you see it, if you see it again, I need to watch you catch it for I'm God, I don't even know if they and the crows are over there talking [ \_\_\_\_ ] about him about his how he got up here and what are you doing up here, man? You should have seen yourself last night. Talk about I don't remember, but I was there. Dumbo didn't remember none of it, man. But he's ended up in the top for I remember when they were real little, uh, we watched Pinocchio and how creepy it was. I was like, "Oh my god, Pinocchio is creepy." When they when the the the boys got kidnapped and it turned them into donkeys. Yeah. Remember that part? Yes. That was Pinocchio, right? Yeah. Here's the part, dude. He has

a five minute trip in Dumbo. Oh, really? I mean, it's a whole scene. The pink elephants. Oh, whoa. Oh, this is after he drank the So, he just drank the slop, right? He's 100% tripping. And the last we saw was he just drank some now. Look at it. Yeah. Tripping. Wow. Pyramids. Yeah. And it ends here. Oh, wow. And it ends with him coming back to Earth. Oh, wait. No, he's on He's not back to Earth. He's up in a tree. Tree. That's crazy. I would have never guessed. I would have never guessed that's a part. But that's actually a part of one of the rides at Disneyland. Is that Is there a Dumbo ride at Disneyland that looks psychedelic? Definitely was. Yes, that's right. No, it's Winnie the Pooh. There's a Winnie the Pooh ride at Disneyland that I used to take with my kids. And you go through the ride. It's like real simple ride. It's not like scary at all. It's like good for like little kids. And you get to this one part I'm like, what are they trying to say here? Like this is crazy. Like Tiger comes out and Tiger is like this psychedelic being and everything is like now in black light. Yeah. So Tiger comes out and Tiger's like a freak. Like why is this guy bouncing around on his tail and then it gets to a certain part get a little forward here where it gets super [ \_\_ ] weird. Like right here like what the hell is happening? It's all about honey. It's like things are like this is like fractal. This is like DMT world. This is really weird. Like, what does this have to do with Winnie the Pooh? What the [ \_\_ ] happened? It's really weird. [Laughter] It's like, what are they trying to say here? I didn't see anything about honey. Yeah, there's something about the honey. It's like something about Well, you know, there's some stuff called mad honey. And this mad honey, we actually ate it on the podcast once. Some guy brought it. Um, but it's a honey that these I think it's in the Himalayas. That's where it is, right? Where these guys have to climb up the side of a cliff to get this stuff. Yeah. And these bees are all taking pollen from is it the lotus flower? What is the uh psychedelic plant? So, these these bees are taking pollen from this psychedelic plant and they're making a psychedelic honey. Okay. Okay. So this is so bad honey is a honey that contains boy say that word gran gayanotoxins. The dark reddish honey is produced from the nectar and pollen of the genus roton. How do you say that? Roto rodendron. Rotodendran. It has moderately toxic and narcotic effects. Produced principally in Nepal and Turkey where is used as both a traditional medicine and a recreational drug. Ah okay. But see, we show how they get it because these guys, look at that. They have to climb on the side of a [ \_\_ ] cliff to get this stuff. And people get it just to trip out. Wow. Imagine you try that hard to get honey that you make like a rope ladder and you cover yourself in a beekeeper outfit and they're they're all like these these hives are all connected to the side of a cliff. It's really crazy. Yeah, it's cool. Yeah, it was a very bizarre effect to the honey itself. Did you have some? What did you So, during the uh three hours after having some, did you get a little bit? I was It was in the middle of the podcast. I took it at the beginning of the podcast. I just took a big I go, "How much is a large dose?" And he's like, "Take like a half a teaspoon." Ah, [ \_\_ ] it. And I just took a whole big teaspoon of it. And I was like, "Whoa, this is interesting." How soon did it get interesting? 20 minutes. Okay. Yeah. About 20 minutes in. I'm like, "Whoa, okay. This is a new one. I was like, "This is crazy. This is honey. Like, put this in your tea. Like, what's going on in Nepal?" I don't think it's a a normal use thing. I think it's an occasional use thing. Well, maybe not a full tablespoon. It didn't wasn't that bad. It wasn't like I was out of my head and didn't know what to do. I was completely functional. Yeah. But it was like bizarre that this is in honey. So these these psychedelic trips when you lose the ego and you unlock some of the you know just like you got a vacation to reset your life sometimes you need a vacation to reset your brain. Do they help you have more energy because you're



hanging on to old Sure. ideas a little bit less and you have more of an open beginner's mind and the day unravels with that with less certain concrete expectations or uh this is how that should go or very insightful. Yeah, you're right. Yeah, definitely. That's a part of it. Like the the less you hang on to in your head, the the the more energy you have for other stuff. Yeah. Like you only I always tell people like especially young comics like that are like getting on social media and arguing with people and stuff. I'm like look man think of your time in your day as a like a numerical unit like you have a 100 units of time. 100 units of energy. If you're putting 30 of those units on some [ \_\_\_ ] online, you're robbing yourself Amen. of that time that you could be putting into things you love, your friendship, your comedy act, your life. you you don't need to do that. Like it's a trap. Like you get sucked into thinking you need to do that and all it does is it just robs you of your energy. Yeah. The less you're attached to like old beefs and squat. [ \_\_\_ ] that guy. All that those kind of things, the less you're attached to that stuff, the freer you are, the more energy you have. And it's good for you. It's again, it's a selfish selfish thing to do. Selfish to be kind. Yep. Yeah. Amen on that. Yeah. And I think if if those things were legal and more people could experience them in a controlled setting with people who know how to administer them and know the right dose and and know, you know, hey, would it are you on a medication? Well, if you're on a certain medication, definitely don't be taking this stuff because your medication's an MOA inhibitor and this is, you know, this could really [ \_\_\_ ] you up. But, you know, it doesn't even have to be that, man. It could be a [ \_\_\_ ] good yoga class, right? It could be um holotropic breathing. You could just sit and breathe deeply in through your nose and out through your mouth with intention and you'll have a psychedelic experience. You'll get a relief from I just got one the other day from from acupuncture. Really did not expect it at all. And I mean I came out going, "Oh my gosh, I just felt like I did hibernated for a 14-hour nap and woke up clean as whistle." See, I've only done acupuncture one time and the dude was a total cook. He was so kooky that I I just I I didn't didn't stick around. He was too weird. The guy was so weird. He was really good at acupuncture, but he was just like there's a really weird guy in LA and he'd have these conversations with you. He's asking a bunch of questions and I was like, "Okay, I got to get away from this guy. This guy that's the that's the that's the masseuse that I when you lay down and they go, yeah, so what's your horoscope?" And I'm like going, "Oh shit." Oh no. And they go and I go, "You got any injuries?" I'm like, "Yeah, this left shoulder like left side of your body. That means you need to get in touch." I'm like, "No, no, no, no. I actually got hit by a car. I don't don't go psychological on me just yet, man. Come on. Don't go horoscope out of the gate." If we want to add that on for some color commentary afterwards, I'm okay with it. But let's not come out of the gate saying this is the reason. I actually just reached out to my booking guy to try to get a real astrologer on like someone who really understands the ancient art of astrology, the real old stuff, cuz I'm I'm not completely discounting it. I think newspaper horoscope is nonsense. I think there's a lot of people that are just like reading your tarot cards that are just ripping you off. But I always wonder like at the like astrology is so specific like why did they write that down? Why did they have this understanding of how the stars are aligned at the time of your birth? Premathematics. Yeah. What part of the earth you're at? Yeah. I see. I don't even know if it's pre-mathematics. I think it's pre our current understanding of when mathematics evolved and emerged. I don't think that's real. I think they had mathematics long before that. I think civilization was wiped out and had to restart over again. And there's a lot of evidence to that. There's a lot of evidence that like society has had some major cosmic event, most likely

asteroid impact, comet impact, and um there's a whole theory behind it, the younger dust impact theory from 11,800 years ago. They think we got hit and there's a comet storm that we go through every September and June. Is that what it is? Yeah, I think so. Something like that. Like June and November. Um, and occasionally we get hit and you know there's like 900,000 near-earth objects. Yeah. And it doesn't take a really big one to [ ] up everything. It doesn't take one that's going to kill everybody to [ ] up anything. It just takes one the size of a block. Like one city block comes slamming into the ice caps and then you just got chaos and everything goes away and all the modern conveniences and all organized societies thrown into chaos and then people have to rebuild. I think that's happened a bunch of times in human history and this is real physical evidence to this younger dust impact theory which also coincides with the ending of the ice age. It's all around the same time. And they think it was like a series of events. They think we were hit more than once. They think they were hit around 11,800 years ago, but then again somewhere around 10,000 years ago. So it's probably when we see society emerging in like Mesopotamia and Sumer, which was like around 5,000 plus, 6,000 years ago. I think that's just the newest version of it. I think they probably had mathematics long before that. They probably were doing [ ] Whoever built the pyramids like you can't tell me they didn't have some sort of complex geometry in mathematics. There's no way they didn't. The things are pointed to true north, south, east, and west. Like that's 5,000 years ago. Carl Sagan uh I got to sit with him for a few hours before we made this film called Contact that uh I was with Joey. Freaking loved it. You do? One of my all-time favorite movies. I love that movie. Oh, and I love Carl Sagan. He wrote the book. Yeah. Yeah. Got to talk to him and listen to him actually for a few hours. Anyway, got to know his wife and his wife's really cool, but her hello, her greeting is always, "Hey, what's your coordinate?" Whoa. What's your coordinate? What's your coordinate? Boy, she's out there. But I mean that was similar of the north-south which where are we coordinated? Where's the earth coordinated in the galaxy in the universe in the hands of time? What has happened? What's our coordinate? It's a it's a it is kind of an out there but it's a it's a pretty cool objective to way to go. Let me think about that. Reminds me of you like uh you ever meet Bush 41? No. Hi President Bush. How you doing today? While he's holding your hand about an 8.2 today, Matthew. 8.2 to the tenth. He would give you an answer out of 10 to the tenth of how he was doing. I always thought that was pretty interesting because everybody goes, "Oh, I'm good, man. Great. Great. Great. Great. How are you?" D. That's some CIA [ ] son. He was adding it up to the 10th. What's your coordinate? About an 8.2. He had numbers in his head. Yeah. you know, um Herbert Walker was the guy that um how put off uh and a bunch of these scientists. He brought them together and said, "We have recovered a crashed UFO more than one occasion and we have a back engineering program and we're considering disclosure to the American people. I want you to list the positives, the positive impact of society and the negatives." Yeah. And they did it with quite a few different scientists and they all had more negatives than positive to if they came out with this information to share this information. What would be the effect on society? Yes. More negatives than positive. More negatives than positives disruption of religion, government, economy of religion. Well, I mean it does. I just don't depends on your religion, you know. Um and depends on where these things are from and what what is happening. What do we know in the Bible? Ezekiel has golden chariots from the sky. Exactly. Yeah. And a wheel within a wheel. Yeah. The Ezekiel stuff sounds like a UFO encounter. And it's not the only version of that in

ancient texts. In the in the ancient Hindu texts, they have vimmanas, these things that are flying through the sky. Like what is what are those things? you know, in the Rig Va in even in the Bhagavad Gita, there's there's all these depictions of these things that sound like you're talking about a spaceship or at the very least some kind of technology. Like what this thing about the Nephilim like that the the gods mated with women and created men who are monstrous. Boy, doesn't that sound like aliens came down and genetically manipulated primates and created human beings? that that's a version of it that you could imply from the text. It's all really weird stuff, man. Like really weird. If you if you if you found out that that was all true, it would probably change everything about society. And this is what Herbert Walker and those guys decided after. So how put off was explaining it to me on the podcast like how they put a numerical value to each thing. I'm like like we were that close, right? Like imagine if that this is 1990 right now. Correct me if I'm wrong but these kind of really weird things as you put them they excite you more than they give you fear. Would that be fair? Yeah. I mean I mean you seem excited. You get excited about different possibilities. Yes. I mean you know I have people go oh man know Rogan loves these conspiracy theories. I don't see him liking the conspiracy theories. I see him always being interested in an alternate way something went down and being interested and excited about that, but not going no no no no no no. Never disengaging from it and going no way. No, no, because I believe how it was and what I read and that's how it is. That that you're not that's not what where you're moving from. No, it's never a denial of information and facts. And it's also a recognition that often times a large swath of society just goes with a narrative without having any real understanding of what the the actual facts behind it are. And then there's that term, this porative term conspiracy theory. The problem with that, calling someone a conspiracy theorist, is conspiracies are real. Like there's a lot of evidence and if you want to sit down, I could [ \_\_\_ ] show you a ton of them. And and so anybody who says like, "Oh, you're a conspiracy theorist." I'm like, "Okay, let's talk about conspiracies." Like, do you think that any of them exist? Do you think that people conspire? Is it like it's a natural part of human behavior that's been documented throughout history? Even governments, I mean, sure, literally literally the the thing that got us into the Vietnam War was a conspiracy. It was fake. The Gulf of Tonkan, it was a false flag operation that it never took place at all. They lied to the American people. That's a conspiracy. Like that's just one conspiracy that turns out to be true. There's a lot of them. The problem is people don't want to look like a conspiracy theorist. They've done such a good job of making it a a a goofy term that you don't ever want attached to you. It cause damage to your reputation. If you're in a a job where people have to take you seriously, fortunately, I'm not. But if you're in a job where people have to take you seriously, you don't want to say anything weird like, "Hey, I think aliens are real." Like, right? People think you're a cook. And then they discount your opinion on everything. Yeah. But if you just know the actual facts, like people that don't think there's anything that aliens are real, it's there's no way. We're alone. There's we've never been contacted. Why not? Gary Nolan, the guy who was on here yesterday that was talking about cancer research, he was also telling us about a piece of wreckage they found from a craft for was it 1950 that they found it? Which one? the first one, the silica one. So they have direct chain of possession of this evidence from I believe it was 1950 and it was almost pure silica and the magnesium ratios were so off that he said that this magnesium had to have been it it had to have been sourced from a place that experienced a neutron bomb every 2 minutes for 900 years. That's how off the isotopes were to magnesium that we find here on

Earth. He's like, I'm not saying it's impossible for someone to ever do that, but I'm saying this is from 1950. Like, this is a real piece of what they're saying is a wreckage of a craft and it has a material composition that is impossible for a normal person to create in 1950. So, what the [ \_\_\_ ] is this? And you said say that to people and they're like, "Oh." So Gary Nolan who's a professor at Stanford. Um he's professor in the in in the what is his uh forensics? Is that what his uh he does research, but what is his actual title? Stanford School of Medicine professor. Anyway, rocksolid credentials published and people brought him this material and they said would you analyze this because you know all these different scientists and endowed chair department of pathology Stanford school of medicine. So when a guy like that is saying, "No, this there's a a composition of this piece of wreckage that you can't make here, right? They they found a a type of alloy that doesn't exist on Earth and it has on an atomic level layers upon layers of whatever this alloy is." He's like, "This cost billions of dollars to create." And they found it in 1970. Like in 1970, no one had this. This is it's not possible to make. Like maybe you could make it today, but we don't have the equipment to make it today. You could conceive how someone with enough resources could have that money today to do something like that. But it would be an enormous undertaking. Yeah. And this is a piece of craft that someone found from 1976. So when a guy like that is telling you like I'm not saying what it is. I'm not saying where it's from, but I'm saying this is [ \_\_\_ ] crazy. Yeah. it doesn't add up to what we could practically do. So when someone says conspiracies like Yeah. Yeah. I I I believe in conspiracies because they're real, right? And because I don't have to worry about being taken seriously and most people do. Most people don't want to be a fool. You don't want to be a silly person. You know, you don't want to be mocked when people aren't around you like, "Yeah, [ \_\_\_ ] Bob believes that JFK assassination." Yeah. You say because you don't have to be taken seriously. What you said exactly because wait because you're saying your your theories on things are solid or because you in your position are going hey I don't have to be taken my job does not rely on me being taken seriously. Right. Nothing. What do you say to the it's like cuz you get you get attacked for like hey man you had so and so on here and and and and and and you placated them and you know and we do take you serious because so many people listen I'm because I always I always hear and I'm and I always find that I think there's a hole in those attacks on on you. You have a massive audience of listening. Does that mean inherently not necessarily is what I hear you saying that oh everything I say should be taken seriously because that information is going wide. No. So people's argument is going Joe you have a massive audience so that's your responsibility to make sure they go down that rabbit hole. My responsibility is only just to be me. I don't have a responsibility to do anything else. I definitely have a responsibility to not lie to people. And I definitely have a responsibility to not willingly allow someone else to lie without at least questioning them, right? Um if I know that they're lying. But other than that, my responsibility is just to keep doing what I've done. And that's why I have a big audience. It's not because it's not because of any other reason. So I'm not going to do anything any differently. No, I I I see that. I applaud it. I don't think you have to. I don't think it's good. I don't think it's smart. I don't think you should be paying too much attention to what other people's opinions of what you should or shouldn't be doing are as long as you have a good internal compass. As long as you have a good true north and you know and my true north is how do I feel about it? Like what do what do I feel like I'm a good person for doing this? Do I feel like that was a beneficial thing for them and for me? I'm happy they're happy. We're all good. And that's what I

want. I just want I want a hug and a handshake. Thank you. That was awesome. Good times. and I want to hear from them like this has been amazing for me. That's that makes me excited. That's all that's all I like. That's that's cool. You got to you got to you make it sound so simple but as you probably know for a lot of people in your position a it ain't that simple. It's but it is if you follow the right path. Yep. It's not that hard. Like people say it's hard. I'm like h you know you work so hard like look at us right now. This is me working. It's not that hard. This ain't I've had jobs. This is I've done construction. I've done like horrible jobs that suck. This is not a job. This is just a fun pursuit. So, you have a responsibility to the people that listen. And I think the people that listen expect me to be me. And that's all you can do. Boom. And as soon as you start changing, they [ \_\_\_ ] know before you know, right? Like they'll they'll like, oh, you [ \_\_\_ ] change. And people will always accuse you of changing even if you haven't. But I I think I've evolved. I've most certainly evolved. I've tempered the way I view life. I'm more I'm definitely kinder and more patient. But I'm the same person. Same person. Like same goals. Just curious. I'm interested like talk to people. Yeah. And I want everybody to do well. I really genuinely do. Well, that's a uh that's not that's not an overly common trait. It should be. We I I think it should be too. It's not hard. And I think the way you described it is great. It actually is selfish. And I say that all the time. It really is selfish to be a kind person. I'm on a crusade to change the understanding of that word because I think we sell ourselves short and with there is a way where what is best for us is actually best for the most amount of people and vice versa. Yeah, I agree. And it's at the end of the day it is all got to be very personal and then to have some dignity in it. It's the difference between choice and a mandate. No, you got a choice but make the [ \_\_\_ ] right choice. Measure the choice. You got you're you got power when you make the choice. Yep. And you deal with the consequences. I love to go, "Oh, bogey there, MCC." And I can look in the mirror and go, "That's on you." Yeah. Then I can make a good decision. Something works out. I can look in the mirror and go, "Good, man. We hit that one on the screws." I like I honestly like [ \_\_\_ ] up sometimes because then it makes me really reset and go, "Oh boy, get it back together." What's the last big [ \_\_\_ ] up you had? Were you like, "I got you have a weird podcast. You're like, "That one sucked." Like maybe I was worked out too hard before I got here. That's not good. Like that. That's a bad one that I do sometimes like I come in charging and and and getting over getting ahead. No, like I'm worn out and then my brain's not firing on also like if I do legs like I do a leg day and I do a lot of squats. I come in and my brain is just like wiped out, you know, that's not good. I've done that, you know. I've you know, but it just when you're not on point, okay, what did I do wrong? Well, I didn't get enough sleep. you know, maybe I didn't take my neutropics, whatever it was. Like, maybe I didn't do uh enough research on the subject. Whatever it is, like, let's get it back together. Pull that [ \_\_\_ ] [ \_\_\_ ] back around. See, but that's self-regulation. Yeah, you're self-regulating. Cuz ah, I could have done better. I missed my mark. Oh my god, I don't like it when I do that. I'm a little embarrassed when I do that. Damn it, I feel shitty. I didn't get I didn't I didn't leave that situation better than I found it. I didn't come forward. I didn't prepare enough or whatever that might be. Man, more of that across the board. It's good for everybody. Yeah, man. It's You got to be your own general. You got to be your own like like wake up soldier. You know, I always talk about the cold plunge because it is the that is the one time people say, "Oh, how do you do it every day?" Listen to me very carefully. I almost don't every day. Every day. I get that close to bitching out every single day. I am amazed how weak I am. I'm amazed. Every time I go to lift that [ \_\_\_ ] lid off that thing, I'm like, "Oh my god, I don't

want I'm not doing this. I am not doing this. I'm not doing." And then when I get in, I'm like, "Maybe I'll only do a minute today. Maybe I'll get out right now. Don't you want to get out right now?" I'm like, "Shut the [ \_\_\_ ] up." I get the let the general talk. And the general is like, "Shut the [ \_\_\_ ] up, soldier. You will stay in that water." I'm like that dude from Full Metal Jacket. Outstanding. Yes. Yeah. Yeah. A little self-regulation, man. Yeah. But every day I almost don't. David Gogins told me that, too. Who's like the most mentally strong human being I've ever met and maybe the most mentally strong human being that's ever walked the face of the planet. And he said, uh, he goes, "Even though I run every day, sometimes I look at my sneakers, I stare at those [ \_\_\_ ] for a half an hour before I put them on." He's thinking of him. I mean, he's out there running like marathons literally every day and he was just like, I don't want to do this. I don't want to do I don't want to do this. Yes. But he does it. That's the thing. It's like people want to think that people that are mentally strong don't struggle. No, you just you do struggle. You always struggle. Yeah. But you win every time, right? You you make sure that you win every time. And you can win every time, but you got to develop that ability to make yourself do the things you don't necessarily want to do, but you know you should. It's a little bit of that uh I don't know if you ever saw that Jookovic interview on 60 Minutes. No, it didn't. And uh 60 Minutes interview, I forget his name, was going like, "Look, so you know, your mental capacity is why you're so good is and and my hunch that Novak, it's because you have less negative thought." And Jookovic interrupts him. Uh now, you might want to pull this one up. This is good. His answer is great. He goes, "No, no, no. I have as many or more negative thoughts. I just get past them quicker than others." Yeah, that's So, he's not denying the negative thoughts. He's letting let them come and then bam, out of the way. I got to on to the next. Yeah. He has control. Yeah. Yeah. He has control over those thoughts. They come in and he swats them down. Yeah. You have to have some negative thoughts if you're going to be an elite athlete because you have to be your own worst critic. You can't be satisfied with anything. If you want to reach the very tip of the top, every movement must be more precise and more explosive and better every time you do it. And you have to do all the training and you leave no stone unturned. And if you don't do that, you're never going to reach the level that he's at in anything. Let me ask you about this. Um I got a poem on it, but let me just try to remember what it was about. it's uh success um in say MMA for instance. What's a better resume for a great performance or victory? Suffering to succeed or revenge? Oh, suffering to succeed. Yes. Yeah. Why? The emotions that come with revenge are crippling and and sometimes they can keep you up at night and they'll they'll [ \_\_\_ ] with your sleep and then the the the consequences of you losing are far greater because you genuinely hate this person. There's a you know some people thrive under those conditions oddly but I would think most of the time most of the time trying to just achieve the highest version of yourself yes is the most aspirational and I think the best of the best do that right the very best the George St. peers of the world. They They do that. They're playing against themselves. They're playing against themselves. Yeah. They're trying to be the very best version of themselves that they can be. And if they do that right and leave no stone unturned, they can achieve greatness. But it's not going to be easy. It's it's going to be they go through hell. I mean, to become an elite fighter is one of the most physically difficult things and then psychologically difficult things that a human being can ever undertake outside of war and maybe law enforcement. you know, other than that that you're you're dealing with physical struggle the likes of most people will never experience in their life. You're you're literally hurling bones in the

direction of a a a trained assassin. And the two of you are going to do it publicly in your underwear in front of the whole world barefoot with these little tiny pads on your knuckles and a cup over your dick. And you just got to go out there and and kick each other and strangle each other. It's crazy. It's a crazy sport. And so there's this balance of the mind and the body and the intention and how you allocate your resources and time and how you manage stress and how you deal with the the pressures of trying to succeed and the doubts and the fears in the suffering to succeed. Yeah. Is it fair to say I think it is that like the people that you know like the seeing beyond the immediate goal meaning right we choke at the goal line when we look up and get objective and go oh [ \_\_\_ ] fourth and one this could be the game winner all I got to get is one yard right whereas no I I run I will run through I will use my ability I will cross that Bo Jackson when he scored he'd go through the end zone down the [ \_\_\_ ] tunnel. The best snipers don't aim at the target, they aim on the other side of it. Getting through co part of what I know helped me was going, "Oh, it's going to be like this for 10 years, gang. Family buckle up." Yeah, nice 10 years. It was much shorter. Oh [ \_\_\_ ] I We were preparing for a much longer journey going to work out. This is going to be hell. Get ready for it, dude. And then all of a sudden you're like, "All right, that's it. Wait, I'm done." Projecting past the goal cellularly, I think, wakes up something in us on survival level that we don't choke. We don't get fatigued, right, as quickly. We don't want to quit sooner because we have in our mind, no, it's the end is not right around the corner, right? And and it's it's it's a bit of a mental trick. But I think that it has something to do with that that what what champions do. They see beyond they're playing Arch Manning right now. There's never been more hype on a quarter college quarterback ever. I believe that guy is wired and that family bloodline's even wired that they're beyond this hype. This hype, this is mortal, right? This is mortal [ \_\_\_ ] guys. Great. It's about the process. It's about winning games. If UT goes and wins the championship, they're preseason ranked number one. Never been ranked number one before. I believe that this team is like, "Oh, well, thank you for the compliment, but we're on our own mission." That being preseason ranked number one or being on the cover of Freaking Sports Illustrated is not a curse nor validation. It's just noise out there. And if we do it and you go, "We told you you'd be number one." We'll look at you and go, "Oh, well, thank you." But that's it. I'm not. They don't need a pep rally to go. The rest of the world thinks you can win this, too. Right. Well, good. Good for them. We're not playing for them. We're doing our thing. I have a mission here. I believe in a path that I'm on, and I'm going beyond this hype or I'm going beyond this game. I'm playing for a I'm prepared mentally and spiritually for an entire season of hell. I'm prepared to fight this assassin on the other side of me that is wants to defend and do to me what I want to do to them. making the the resistance or the adversary seem bigger and longer and going to be more tumultuous seems to be a good way to succeed. Going beyond and all of a sudden you look up. I get this from when I've done my best acting. I didn't know it was the last day. When they yelled cut at the end of the last scene of the last day of shooting, I was walking off going, "All right, see you tomorrow." And they're like, "No, no, no. There is no tomorrow." You were just in the zone. That's it. That's it. We wrapped. Oh [ \_\_\_ ] Oh, hey Joe. How you doing? For the first time cuz you were just locked in. Boom. Yeah. Yeah. Best rounds of golf. I walked off the 18th green and was heading to the next T- box to look up and realize I No, that's it. You played eight. Oh [ \_\_\_ ] What' I shoot? Oh [ \_\_\_ ] 74. Huh. I didn't look at my scorecard on 16 and go if I can just keep in the fairway this last three holes maybe get in with the parts don't bogey I didn't didn't anticipate so I didn't get my room I behaved and went

through the finish line that something in there is in suffering to succeed rather than fighting for revenge seeing on the other side of the target you follow what I'm what 100% yeah it's also like concentrating on what you're trying to do versus the impact act of what it is. Like if I miss this, oh my god, I'm [ \_\_\_ ] Yeah. Right. Yeah. Instead of that, you're just thinking about I'm going to make this, this is how I make this, this is how I do this, this is how I do this, this is how I behave. It's also in today's world with all the stimulus we're talking about and social media, etc. We're all sort of living in the third person or being fed opportunities to live in the third person all the time. Yeah, it's like we have a jumbotron and to use a football analogy, you kick me the ball, I'm running the kickoff back and I'm going down the sideline and I see the goal line, I think I'm going to score and then I have a look at the jumbo trying to see how I'm doing. That's when I'm getting tackled from behind. Yeah. If we step outside to have a look at how are we doing? Yeah, for sure. Yeah. That passenger you open up talking about when you're hitting it comedically is not hopping out right over here to have a look. And if you do, you you'll get lost. You get lost. You get conscious of what you're behaving, what you know how to do, what you're fashioned to do. Mhm. And you're out of the moment and you become objective. Yeah. When you love watching someone do something where we know they're in the zone, right? like where someone runs in for a layup and it's like the most beautiful movements avoiding the defenders up in the air, drops the ball in and we're like, "Wow." When we see someone just hit the zone, we see it in a fight. When we see someone just flow, we see someone flowing like, "Wow, he's feeling it." You know, whoa, she's locked in. We love that because we know that it's somewhere in ourselves and maybe at one point in your life you experienced it. You might have been playing mini golf or something like one point in your life you're like I think I felt a little bit of that. Right. How much do you think preparation has to do with the freedom to adapt and flow once you're in the game? A lot. A lot. A lot. Yeah. Almost everything. You if you're not prepared, your ability to adjust is very limited. Yeah. You have to be fully prepared and then let it flow, but you have to like really really have all your bases covered to just like just so they don't have anxiety of I could have done more. Yeah, that is a big issue with fighters. We see fighters towards the end of their career. There's a thing that happens when fighters realize they're probably never going to be champion and they're just doing it for a paycheck and you know you see sometimes they'll show up and they look a little soft and you're like and you see a little fear in their eyes because they know they really are not focused. They're really not dialed in but this is what they're doing for a paycheck now and it's not good, right? Cuz the guy the other guy on the other side of the octagon is the opposite. That guy's dialed in. Maybe he's only like 25 and he's like coming into his prime and you're a stepping stone for him and it's like and the and the problem fear of that is what getting actually really injured. Sure. More so than if you were 100% yourself. You'll definitely take shots you wouldn't take and then you're you don't have the endurance to keep up a pace y right cuz like to to get to the shape that you have to have to be in to be able to compete in a five round MMA fight. It's almost impossible to maintain. Like Chelson Sun has talked about this extensively. It's like you can't keep it up. It's not like a level of conditioning that you can keep up all year round. You have to peak to it where you're like your body's barely hanging on and then you coast the last week to allow yourself to like recover and you're just kind of going through movements the last few days and then on Saturday under the bright lights you are at 100% capacity. I mean, they've been monitoring your [ \_\_\_ ] heart rate and checking your resting heart rate and checking your blood and your heart rate variability and what your



nutrient levels at. You're [ \_\_\_ ] finely tuned. Get in there and go that Saturday night. And if you're not, if you didn't cover any of those bases, you're going to know the back of your head. You're going to know like I'm going to give it my best, but boy, I don't have a big gas tank and I could have trained harder. And I I'm I'm I get so damn excited about this. This seems like this uh uh the blind spot that still is there to be taken advantage of for preparing for peak performance. Daryl Royal, coach of the University of Texas that won a couple national championships here at Texas had always said you got 12 games in the year. You can expect for your team to be at peak performance level two Saturdays out of 12. You want to make sure that those two Saturdays are against the toughest teams. You want to make sure that the other ones where they're like, okay, they they did well, but they didn't play to their peak performance are against the good teams. And you want to do your best to make sure that the days that they're off, you're playing the shitty teams that you can beat even when you're not mentally there. That seems like so much more opportunity for that number to rise today to have a much higher number that you can be ready for peak performance. Who are the best preparers in I don't know MMA in your mind that all the champions when you get to a championship level when you get to like Aleandre Pantoia or when you get to uh you know Islam Makachev when you get to like that level they're all you're at a championship level they're all they all have impeccable preparation they're all yes it's impeccable impeccable and so the the the margin for error okay it's measured It's time. This is Yeah. They're all dialed in with diet. They're dialed in with their weight. They're dialed in with strength and conditioning. They're dialed in with their sparring. It's impeccable. You can't compete at a world class level today and not have that. Okay. It's not possible. So, physically, yeah. Mentally, yeah. Are these two different coaches? Are these one? Some people don't have mental coaches at all. Some elite fighters have no mental coaches. Okay. But some of them do. Some of them like we had this guy Brandon Epste the other day that um he works with quite a few UFC fighters and he's got a very specific protocol that he mentally prepares them for and he coaches them through things and and and sets up like a way to visualize and see yourself performing and see yourself doing things and how you how you view your performance like and to get you into a mindset where once you get into that octagon, you're locked into this pathway instead of like straying and letting anxiety and fear overcome you which can happen to fighters. But then there's other guys that don't have any coaches for that at all. They just have the mindset already and they're comfortable with what they have and they just stay disciplined and just go in there. Yeah. It's it's very personal because everybody's brain is different. You know, everybody's they all have like different ways of expressing themselves, different ways. How much has technology and diet and stuff helped? A lot. Yeah. A lot. A lot. technology. Um, just understanding nutritional balances, understanding like when you do a nutrient analysis of your blood work, like, oh, you're deficient in nascin. This is this is your probably you're wearing down, you don't have enough B12 in your system, making sure you get the correct amount of protein. Like, you can't you can't miss any of those things if you want to achieve peak performance. You have to have everything. Your hydration, your electrolytes, everything has to be dialed in. Your sleep, which is one of the biggest ones. Like this is like a lot of these young guys. The problem is they still go out and party. They're still hanging out with girls till 2:00 in the morning and then they're at training at 8 a.m. Like you can't do that and be a professional and expect to be world class or expect to beat the guys who are just as good as you but get that preparation. They're gonna have an advantage. Yeah. Yeah. You know the argument of athletes, you know, well, who

was better then or now? What would they have done then or what this this my my I I think that we've athletes have evolved and the athletes we have now are just better than athletes ever were. Yeah, I think so. And that they're bigger, they're more powerful, they're more focused, they're more specific. Um that they're just better. That if they played in that time, they would be that much better then even than they are now. Yeah. seems to be I think we're just evolving that way. They also have the benefit of watching people do it before them and do it really well. So they aspire to that level and then to surpass that level whereas those people were pioneers. Yeah. Larry Bird didn't have a lot of people to watch play basketball before Larry Bird. You know there was a few but you know black and white footage. It's not like you didn't see it every day. You didn't have it on the internet. Now kids, they could just watch every Jordan highlight reel, every time LeBron James has scored, every Steph Curry three-pointer. They could watch it anytime they want. And then that is a level that they're aspiring to. Think of all the football games that kids can watch now and analyze. Think of all the fights that people coming up now that want to be a martial artist, they can watch. And so they aspire to this level that has already been achieved by the greatest of all time and then they want to surpass that. Yeah. which is what human beings have always done athletically all throughout time. We've always It's not like guys who broke records in the 1930s. We don't break those today. Like those are not the same records. Like those don't hold up. We 100% get better. Yep. From 90 years ago to today, there is no comparison. The athletes are far better and they're going to continue. 90 years from now, it'll probably be if there's humans, they'll probably be far better. you know, there's experiments that have happened in the NFL, you know, and I think this I think this is correct, but I was always a Washington. It was then the Redskins fan. And uh I think it was 1986 or 1988, they had the heaviest offensive line and they averaged 286 somewhere around there. Those numbers big fellas, pretty close, right? But compared to today, that would be the lightest, right? Nuts. All right. And then Dallas with Nate Newton and those guys had a point where they were going, "Oh, we're going to get guys up to 330. Oh, let's get them to 340." And they peaked when Oh, some of them got to 360. The bone marrow, they were big, but they lost agility and speed and went, "Uhoh, we hit the ceiling. We went past it. We got to come back." Interesting. These are the hogs. There's the hogs. Look at those guys. Guy in the middle with a mustache. That's Russ Grim. Boy, big Joe Jacobe over here. 66. Big Fellas, the Hogs. What a great name. Yeah, that's hilarious. Um, they hit the top of like Dallas, it hit they hit they went too far. The thing was bigger is better, so let's get bigger. And then all of a sudden, agility went and uh oh, it's not 360. It's come way back come back down. Well, believe it or not, the UFC heavyweight division has a weight class. You can't be over 265 pounds. You can't? No. They have to weigh to to fight for the UFC heavyweight title, you must weigh 265 pounds or below. So, you're 270. You got to lose weight. You don't have you you don't weigh in. It's happened before where guys had to lose weight to fight heavyweight. Tim Sylvia, when he was the UFC heavyweight champion, had to cut weight to hit the 265 pound weight class. He was so big that like 265 was a struggle for him to get down to. Isn't that never gonna have to Well, I would assume it should. But the problem is there's actually a heavyweight class above that that's super heavyweight, but we've never have that in the UFC. There's never been a single super heavyweight fight in the UFC. Everything has always been inside the 265 lb weight class, which I think is real weird cuz like where did that number come from? I don't know. The numbers are real weird anyway because there's giant gaps in them. It's like one of the major problems with MMA is that there's a lack of weight

classes. So in boxing there's weight classes all you got 126, 130, 135. It goes 135 to 140, 140, 147, 147, 54. With the UFC it's like 35, 45, 55. Then it goes 70 85. So you got a 15 pound weight difference. And then it goes 205. So you got 20 pounds and then you got 265. So that's 60 lbs for for heavyweight. It's crazy. The the gaps are just too big, right? They're gigantic. So that's a major problem with MMA in that there's less weight classes than there should be. And then you have a cap on heavyweight, which is bananas. Like you should have no cap. Heavyweight should be how big is this guy? Like let him fight. Biggest you think you can handle and come in. Yeah. I mean what about the mountain? That guy from Game of Thrones. If that guy had a fight in the UFC, he wouldn't be able to make weight. He's too big. He's That guy's almost 400 pounds, you know. Yeah. I never knew that. I thought heavyweight's like 265 and up. 250 and up. It should be whatever you want to come in with. That's what it should be. Yeah. But there really should be a weight class around 225. There's something like that. What class would that be? You just name a new class? Well, boxing has something like that. What is the boxing weight class that's like below heavyweight? There's cruiserweight, but then there's a new one. There's a a recent one over the past few years that they've developed. But that's one thing that boxing does a much better job with, I think, is providing fighters the correct weight class where they can compete in. What is it called? That's Yeah, but I think there's another one that they're calling they're calling it God, I can't remember the name of it. Super cruiserweight. Super crazy. Yeah, that's it. I think they called it something different though. They had a name for it. Eh, whatever. Maybe you'll find it. Maybe not. But the point is 265 is the limit. So like Francis Enanu when he was the heavyweight champion, he used to have to cut weight. He had he had to lose weight to get down to 265. And then how much is he putting on that last week? He's probably putting another 10 on at least. Yeah, he's not losing a ton, but he's got to watch his calorie output. He's a massive human. Yeah, I met him in Saudi Arabia. [ \_\_ ] guy's so big. He's so big. He That's a real tragedy that him in the UFC couldn't figure it out. That bothers me a lot because that guy was he was the scariest heavyweight champion of all time for sure. He put guys in orbit. He would hit them and you just go, "Oh, it would hurt you like watching it. You're like, "Oh, no. All men are not created equal." That's another problem with fighting. No matter how much preparation you have, no matter how intelligent you have, you are, some people are faster and hit harder than you, right? And you ain't going to fix that, right, in the gym. You'll get a little better, but you're never going to bridge that gap. Yeah. I had a dream of being an NBA basketball player. Did you? Was that your dream? For a while. How old were you when I was young? I was I was like, I'm going to dunk. And no matter how much this guy sitting here would have worked out and hustled, I was never going to be able to dunk, bro. Didn't have the innate ability. Didn't have the DNA. Didn't have the makeup. I bet you could. I bet you could over time. I bet someone could teach you how to dunk. I bet if someone got you on like a a serious trading program when you were younger, right now be it would be rough. Be rough, Jack. It would be rough on the tendons. Yes. Like a lot of stress. when you get to be RA just like maybe you shouldn't be dunking. How about take dunking off the menu? Yeah, that was what I But when you're young, I think you could teach a guy, but it would, you know, it's not as easy as that. Like for some people, they could just dunk. Yeah. Yeah. Well, that thing about not everyone being created equal. Yeah. You got to have innate ability. Oh, yeah. And the hustle, the work ethic. If you got both and there's a lot of look, there's a lot of five-star players who don't have the hustle and then there's a lot of some of the most talented ones, right? Because it comes too easy to

them. Yeah. And some of the ones that aren't as talented but just will not stop. They will not stop pushing because they had to work harder for everything they ever did. They have that extra gear and that allows them to be champions. I hear more and more CEOs saying, "Give me Johnny and Jane Hustle from Western Kentucky before Belinda and Joseph from Harvard." Yeah. Yeah, I would agree with that. You mean this one that's ready to come hustle, that's ready to get scrappy, adapt, work, press the edges on the front and the back end. Yeah, give me that. And someone who's all in. Yeah, you want someone who's all in. You don't want someone who's like looking at the clock, wants to leave, someone who's just like doesn't feel like they're being appreciated enough. You want someone who's like fully all in on their work. Do you think there's been there's theories about with AI coming that now more than ever that's what you need is the the one that's knows a little that has more of a liberal arts education. I know I know I know I know a little about a lot of things and I can hit many different avenues rather than being an expertise in one certain thing. I mean it's like just what six years ago you tour the campuses were like computer programming that's what you want your job to be. That's what we need right now you don't. Now it's over done. They're telling you don't don't get into programming. Yeah. Uh, so what specifics are the jobs or the creations, the vocations that are going to be out there for our youth here coming up that are going to be like, that's how you're going to make it. I question the college education now. I question the worth of it. How much is it still a knowledge factory that has not adapted to changing times and needs in the workforce? And how much of it needs to be updated for getting young men and women prepared to go into the workforce? Yeah, it's a good question. I think it's really unknown territory and I think AI is going to take jobs away that we never thought we were going to lose. Uh I think lawyers are off. I think they're in trouble. Coders are gone. Accountants are gone. Accountants are gone. Yeah. It's going to be really [ \_\_\_ ] weird. It's going to be really weird for Hollywood. I mean, you've seen some of these these films that have you seen the old Star Wars that they're doing? They're remaking Star Wars with AI with old Luke Skywalker. Yeah. like when he was young, like when Luke Skywalker, they're doing completely new scenes that look exactly like HD versions of Star Trek, Star Wars in 1975 is what it looks like, okay? But it's in HD today with AI using Mark Hamill's voice, so it sounds exactly like him as a young Luke Skywalker. It's bananas, man. It's bananas. There's a lot of weirdness with music. There's a lot of weirdness with literature. You're going to have all sorts of AI. So, no one knows what's going to survive this. I think I assume that a bunch of people at the end of the day are going to get really sick of artificially created things and want something that they know was made by a person. Whether it's a book that is made by a person or a song like an Oliver song. We're going to want Yeah. a tangible. We're going to want books. Yeah. Books are going to be like like you know some people just love vinyl. Yeah. Love them. They just love the pressing the needle down and hearing the crackle. And that's that's what there's going to be a lot of that still. People are going to want to buy books from people that actually wrote the book. They're going to want to go to see a guy perform music in an actual club where you see the guy on stage, you know, it's live. the there there is always going to be a desire for handmade things. A guy made this table. I know him, you know, but other than that, man, no one knows. It's the unknown because who no one knows what the capabilities of these things are going to be. Well, and the the the the tech the uh the AI tech companies keep saying no trust is a lot of jobs are going to be lost, but AI is going to create so many other jobs. But I haven't heard him anyone answer what those jobs are going to be. Yeah. I don't even think they

know honestly. They don't even know why these things are so good at what they are good at. They they they keep getting smarter and smarter and they blow them away. Like Elon told me that every week he has like these new discoveries that it's like what? This is crazy. It's like every week we're blown away. So they just it just keeps getting more and more capable. They we don't know where this is going. So, if you're in college right now, like I mean it's so cliché to say follow your dream, but really do follow your [ \_\_ ] dream because that might be the only thing that you've got, right? Because if you think you're just going to get a really good job in an industry that might be completely wiped out in three years by AI, that's a lot of people are going to be going down that path. Yep. A lot. Yeah. Yeah. Is crime going to go up? have people out of jobs. They're going to be, you know, what are these people going to do? Could I think it's universal basic income is probably the only way to solve at least on the short term where how we're going to lose a lot of stuff. Look at you, man. You got a lot of little tabs in there. I do. Very organized. You're very organized. Well, these are ones that I thought could be cool com that that cool conversation starters for uh for us. And we've kind of covered actually some of them. Um, you ever had anyone read poems on this show before? Yeah. Lex Friedman. Hell, there you go. All right. Uh, you want to find a good one? We'll wrap it up with a great poem. Yeah, man. Let's go. [Music] This book is out right now. No, September the 16th. Oh, okay. September 16th. Um, this is a fun one that I wrote. Um, it's kind of based on uh um it's called it's based on extra credit. kind of relying on fate or extra credit that we get that sometimes we rely on the extra credit participation trophies is where this one kind of started for me. So I mean it's it's it's a fun one. Uh and it might get us talking about something. It's called tips included. Okay. When extra credits included, credit doesn't get its due. When more gives us less, the exchange rate's going to skew. When amnesty is offered going into the crime, we're more bound to commit it because there is no fine. We start playing to tie instead of going for the win. When participation's the trophy for every cow in the pin. If I stay on the porch because you picked up the slack when you look over your shoulder, I can't have your back. If there is no curfew, we'll stay out all night. No tab at our bar, we get drunk and start a fight. All these long lenses got us losing our sight. You keep lifting it for me, I'm going to lose all my might. When a four-star duty suits a six-star rate, we take our hands off the wheel and rely on fate. Eating all we can at the all we can eat buffet gives us a 3.8 education and a 4.2 GPA. We steal from ourselves and get away with the scam. What's the measure of merit with less give a damn? These unlimited options, they sure got me confused. While all the conveniences keep me properly lubed in this red light district with the [ \_\_ ] of inflation, the ROI's math don't pay for the vacation. So, let's just admit it. This extra credits quite a fluffer because when the tips included, the service will suffer. That's great. Is that fun? That's really good. And dead on. You [ \_\_ ] Aaron right on the head. Perfect. It's a fun one, man. I mean, yeah, I got I think I came when my the 11th place team got the same size trophy as the first place team. And I was like, wait, they went 0 and 10, but the winning team went 10 and 0. You're kind of like saying, oh, the winning team went five and five and the losing team went five and five. I I don't get it. Don't hurt, you know, don't hurt the feelings. Don't lose. Don't get told no. Your feelings have to get hurt sometimes. That's how you learn and grow. And you can't protect anybody from that. And that's the problem. We want to do that with our children. We like all my best friends, all my favorite people had terrible chaotic childhoods and they all became very interesting people. But I don't want my kids to have a terrible chaotic childhood. I want them to have like a wonderful lovefilled, you know, bountiful childhood. Yeah. But that

comes with Yeah. Well, I think they have to find things that they uh that they find that are difficult that they get engrossed with that they that they really love to pursue. And fortunately, my kids do that. But I think they you have to have a struggle. You have to have a task. If you just want to like, oh, you get a trophy, too. Everybody gets a trophy. It's okay. No one there's no losers. It got hard. Okay, quit. When my kids were real little, uh, one of my daughters was playing in a soccer game and they didn't they wouldn't say the score. I'm like, but I know the [ \_\_ ] score. I just watched. They lost. You can't say there's no score. This is so crazy. But they were doing this in California. They had like scoreless games. I'm like, okay. I mean, look, but look, why are you trying to score then? Why are you trying to score if you don't count it? This doesn't make any sense. This is soccer. Soccer has a Why is our goalie trying to keep them from scoring? Exactly. What's the point? Everybody What's up with the rules? Pick it up with your hands. This is stupid. If if you don't have a loser, you don't have a desire to get better, to become a winner. Yeah, that's a part of the process. And sometimes kids lose and they cry. And by the way, if you don't ever go through that, then you don't understand how to lose. So you never develop a healthy ability to manage competitiveness. Yep. Amen. And some people just never get that, man. They they they never get healthy competition. Makes for a very unhealthy person to not be able to just compete. Well, especially once they leave the house. Yes. And they're on their own because the world sure plays by the rules and the score is kept. Yes. And you don't win everyone. Yes. No matter how good you are. Yes. And There's nobody coming back in to tuck you in bed and say it's okay, right? Let's put some ice on it. You're dealing with yourself, man. That wakeup call, that's cold. It's cold blooddooded. I got a cool movie coming out called The Lost Bus will be out uh in October. It's going to be in theaters for a couple weeks and it goes on Apple and streams. You remember the Paradise Fires in 2018 in Paradise, California? Yes. Yeah. I think uh I think the number was 30 people or so died. Um, Jaime Lee Curtis heard this story on NPR. It went to Jason Bloom and Jason Bloom went to Paul Greengrass who's the director of Captain Phillips, uh, United 93, uh, Black Sunday. Um, really good action director, but also with a good personal dramatic story in it. And then they came to me for it. And there were a lot of heroic people uh, that at that time that went ran towards the crisis instead of away from the crisis. But this one particular story about this bus driver um and this teacher that uh um got 22 kids to safety was the story we picked to tell. And um we went and shot it in Santa Fe. This guy that uh this guy that I play is um Oh, here's the trailer. Yeah, we're not listening to So just tell me while while this trailer's going on. Oh, okay. So, um, this guy Kevin in our story comes back home because his dad has passed away and he's going to take care of his widowed mother and try to reunite with his son, which, by the way, check this out, Joe. My mom plays my mom and Levi plays my son. Oh, wow. In a movie, man. Your mom plays your mom. That's cool. Yeah. So, he comes back through that and he gets a part-time job as as a uh school bus driver. He goes out that morning. There's a fire coming across the canyon as they always do. No problem. You know, first responders head out. Well, by the afternoon, it had got no out of hand and was jumping the canyon. And so that afternoon, as he's now decided, oh [ \_\_ ] I got to go back and get my mom and my son. Neither one of them even drive, get them to safety. On the way home, barging home to go barge down the highway to go get them. A call comes through dispatch. I got 22 stranded kids on the east side of town. Is anyone over there with an empty bus? Whoa. Guess who's got an empty bus? [ \_\_ ] Want to go get my mom and my son, man. What? But he takes the call and says, "I'll go get them." He goes and gets them. A teacher, their teacher, gets

on the bus and this is their story of about eight hours of going through hell and how and if they they got out of it. And really awesome adrenaline pumped action which you're going to get from Green Grass and a story like that. Like the fire. This is as good as a fire movie as there's been. The fire is a [ \_\_\_ ] predator. It's from the POV. It's like Jaws. The fire is actually like the shark in Jaws in this thing. Plus a really cool story of redemption, father sons. Um and uh you know, two people doing what they can to survive when there were no there were no contact. All the telephone towers are down and the dispatch was down. No one had any contact. So he didn't know if his mom and son were okay. He didn't know where to go, where the traffic jams were. And what happened is the first responders left early to go get the fires. When they got there, it had already jumped the canyon. So when the they were coming back to town, the mandatory evacuation, the whole town's leaving. It couldn't get back in town. So it's a uh it's a bit of a horror film in that way, but um movie fire is a predator, man. Yeah, that is what it feels like. If you ever get stuck in one of those things, it feels like a monster. Yeah, that sounds awesome. That uh it's pretty good. It's tough. Tough movie, but a good one. Beautiful. Yeah, I can't wait to see it. Cool, man. Thank you for being here, man. It was a lot of fun. I really enjoyed it. Thank you. And that poem was awesome. That was really good. So dead on the head. That's the best participation trophy poem of all time. Was really good. Uh the book is called There it is right there. Poems and prayers. Uh out soon. pre-order now. Did you do the audio? You did, right? Of course you did. You have to. You can't have an actor do your voice. How dare you? That would be impossible. Okay. Thank you, brother. Appreciate you. Absolutely. Goodbye, everybody. [Music] [Applause] [Music]