

The Art of a Courageous Life

So, I mentioned to you that this is episode 1,000. Yeah. It's been 7 and a half years. Uh, we just crossed a billion views the other day as well. Congrats, man. And as a little surprise to you, we wanted to take you back to an environment that you probably know at least a little bit well. Ah, Cooper's Place, Alberta, Canada, where we shot it. We planted production planted all those corn fields too. They're as far as yeah I could see. And this is the road Cooper drives up on the way out. And that's that Han Zimmer countdown. 10 9 8 Leaving children to follow dream liftoff. I love how quick that is. That transition from from leaving to going. I think that's so cool. Yeah, I think it was, you know, Chris's version of tying the human drama. What would you do? A father leaving children to go do what they know they were meant to do. Mhm. And leave this earth and then from there on time changes. And yeah, at the end of this shoot, when it was wrapped and it was clear, we had no more shots, no more scenes on this location, my family and I were in my Airstream on the set is where we lived. We got uh um at the edge of base camp, we turned our Airstream to face out to the mountains and right behind us is your medical and your food, whatever you need from production. But we stayed extra few days and just hiked it and stuff. And one of the things that was fun is I let my son probably I don't know what believe I was seven, eight at the time. We got in my truck and I let him drive through these corn fields as fast as he wanted. And he was going 360 all around cuz I had checked. I was like they go, "No, it's it's for as far as you can see. It's just like the salt flats. Hit it." And I've got some video of that and some pictures. It was top. Yeah. Unreal. Why'd you say life rhymes? I think Mark Twain said that first, didn't he? A version of that. History rhymes. Um seems for as much as we go, our generation's so different than the last one. And there's never been anything like this. The es and the flows, the debits and the assets. And for every new technology and old there's a debit in an old culture and uh it seems like it always is right there somewhat equalized and balanced. And then there's a rhyme in that that sort of ecclesiastical. You know, there's a time for everything and for every you reap that will you sow. There's a time to kill. There's a time to live. There's a time to plant. There's a time to gather. There's a time to spread. It's very immersonian too, you know. And uh for every new technology we lose an old culture, you know, and these these things that we think are contradictory, heaven and hell, hate and love that we think are like this an imbalance for the truth of them, I think, is in that third eye where they overlap. And they all do overlap. They all sort of balance themselves out. And I don't know how much new under the sun we actually are doing. I think we call it different names. Think we change the labels. I think you get some things that are extra strength and some things that are unled. But I think they all pretty much balance pretty much balance out and there's rhyme and balance. What's your perspective on coincidence in life? Yeah. Serendipity. Yeah, man. Well, first time I have it is deja vu and you have it twice. I call it vu deja. Let's flip that thing around upside and backwards. Both sides of the coin. Um, look, in some ways it's the beginning of an argument for God, a divine plan, u fate, karma. In other ways, I don't mean that's fun to start doing that math to try and prove our way there, but it also feels like those are the swing backs. Oh, I've been here before. H I was here before. This life it doesn't have the the period at the end of it. I mean, who knows how many, you know, many lives, many masters. I don't know if that's true. It just sure makes it sure feels like it is sometimes. Um, that's a rhyme. That's a real nice a real time when life does rhyme and

you look and you look for the math and you look for the science added up and it ain't there in that way. I do think science is the practical pursuit of God of which we'll never prove and that's the point. So there you have belief and faith for that which can't be proven. But the pursuit of that is also why I think God loves an atheist scientist. It's like yes, keep it up. Pursuit of that is why I think in my agnostic years where I said self-reliance, it's on me, man. Forget faith. I'm not relying on God. I ain't praying for nothing. It's on me. Responsibility, self-reliance. I believe that when I came back to my faith that I heard God applauding. Thank you for having your hands on the wheel. Thank you for taking the self-reliance and saying it is on you cuz you know what? I need that. Well, it's that wonderful idea that God doesn't want to do everything. Some of it's up to you. Amen. And though free will and faith and self-reliance and faith, they can seem contradictory, but I don't I don't I don't I think they're the I think they do rhyme. And you need both. And we Yes, there's a time for it. Inshallah, God willing, there's a time for Well, if it's supposed to be, it will be. Yeah. Usually right after it happens, you know. Yeah. Uh, I think George Jenko says, "Every man knows God when he's at his lowest, that there are reliable times when people turn toward faith." And how many people turn at the end of their life? And I wonder, you know, if there is a God, is that in the same way that, you know, Catholicism could say sin all week, but if you read if you meet it and you ask for forgiveness on Sunday, you're washed clean. Well, I see some people use that as a crutch and go right back to repeat offending. I've got a appointment here going to forgive me father for I know what I do. And I'm I'm curious like is that okay to just what's that mean? Meaning there's the forgive me father for I know not what I do. And and I'm writing about well forgive me father. There's times I know exactly what I'm doing and I do it anyway. Yeah. That was an error of valition not accident. A choice I made. Yeah. Now if I'm going to keep making that choice and be a repeat offender. I'm not ready to go. Yeah. But if I ask for forgiveness on Sunday I'm all clean. We can do it all over again. I'm not ready to I'm going. No, no, no. Hang on. The buck's got to stop here, man. If you're a repeat offender, God's going, "Yeah, you're not going to sit there and tom foolery with me here, bud." Um, and I don't want to do that with myself. Just as if I steal from you and I come to you and I go, "I'm sorry." That was I was I don't know where I was. I was at horrible choice. I'm sorry. Sorry. I'm asking for your forgiveness. If you forgive me cuz you take the my sincere want of reconciliation, the first thing on the docket between us should be me starting to do anything and everything I can not to have to come to you and say I'm sorry for the same damn thing again. If I do it once, twice, I'm a repeat offender and I stole from you three times, I think, and I'm hoping you'll still forgive me, but I wouldn't trust me, you know. Um, yeah. I think that's something that we forget sometimes is that once you do the forgiving, which let's go, let's the the spite move out of us so we don't get sick with that. The first thing responsibility is on the one who's asking for forgiveness to do everything they can not to have to come to ask for forgiveness or say I'm sorry again. And I think we forget that. That's that's on that's that's the debit. That's that's what's owed by Mhm. the offender first. You gave the grace to say I forgive you. So he called we that doesn't mean it's even money. That means I got work to do to make sure I'm not coming back to ask for it again. As opposed again as opposed to there is no amount of work that you can do that will ever get you back to even keel. It's someone saying right the ledger is still imbalanced but the door's open to the bank. the door and and and it's on me to go come and repay. Look, I wish rehabilitation like the jail system. I wish it was such that once someone's out, they're like you and me going to apply for a job. They're not. Scarlet

Letter's on them. Well, that means our our system of rehabilitation isn't working cuz if it works, you should get out. I paid my penance. Now it's even money. Yeah. Yeah. How do you think about forgiving betrayal? I've think of when I've been betrayed. When it's clearly betrayal, I know it's betrayal and that person can look and go, "Yeah, that's what I did." Um, I've been asked for forgiveness for that before. And I've been also seen people go, "Yeah, that's what I did." And they're not asking for forgiveness. They're going, "Yeah, that's what I did." First response is, "Well, [__] you." The second one is, "If that's on my mind, if that's keeping me up at night, that so or whatever that is, I got to I got I got to I got to flush that. I got to wonder why is that on my mind? I got to forgive that deed, that person for that deed." And again, not necessarily trust him, but do my best to forgive him. And that can take me a while. And I think that what takes me the most time to to to forgive the betrayal is me when and if I betray myself, forgiven myself. Because you know how it is, man. We forgive too quickly. We dust resilient. We hop up and dust oursel off and go, "Forgive you. Let's do it again." We do become repeat offenders because we didn't take the time to put oursel or feel the guilt of the wrongdoing and pay a little penance to look at and go, I don't want to feel this again. I don't want to do that action again to make myself feel this way. I don't it doesn't it doesn't feel like me. I don't want to I don't want that person to have that sadness or anger with me again or the world to have that sadness and anger from this. I don't want to feel that again. And that takes some pause to then go now I forgive myself. Let's carry on and trust and be ready to do the work to say we're not going to we're not going to just let that slide anymore. It's not there's going to be a way to hold myself to the highest end. Yeah. Because it didn't pay off because the repercussions sucked. There is a unique sort of circle of hell that is reserved for when you keep on making the same mistake over and over again that you've done it. You've had to pay the penance. Yeah. Say that you're sorry and then arrive straight back at the same place. Yeah. I think there's a hell in the mirror. Then I think it can become a living hell. Like I I got that poem in there, Daymares. I love that one. I do too. You know, night nightmares suck, but at least you wake up and they're over. It's the ones that stick with you when you wake up and go through your day that are right there. Those are the ones. That's the living hell. I think that's what you're what you're talking about. And you you repeat offend enough. Word gets out, the circles gets out. You people doubt you on your approach. You're like, "Yeah, but don't do this for this." I mean, all of a sudden, you're going places and you got to look over your shoulder. You got to see who's there that I didn't pay back, who do I owe? What bridge did I burn? What person did I betray to get where I am? That's a life. That's a living hell. Well, forget that. That in the modern world, you can move from city to city. uh at least you can in some regard leave your reputation behind. This was one of the issues of the west, right? This was how the snake oil salesmen were able to keep going cuz they would bounce from town to town, right? However, if you lose your reputation with yourself, if you no longer trust you, yep, I don't keep my own word. I know that I'm not a trustworthy person. I keep making promises to myself and to other people and I keep on breaking them. I keep doing something that hurts other people or the same person. They don't trust me anymore and oh, I don't trust me anymore. And you're 100% right. It all comes back to being a very personal act. And what some people would say, oh, that person's acting selfishly. No, they're actually being incredibly unselfish. I think cuz they're pinning themself in a living hell and having to look in the mirror and going, I don't trust you. I don't respect you. Now, how long? And I know some people that can sleep quite well with that existence. I don't know how long they can do it. Sound bound to be

some come up. It's the world's got to get small. They got to get dizzy somewhere. But, you know, where's that come from? Where's that come from for an agnostic, an atheist? Where's that come from? From someone in power that could easily damage somebody but chooses not to be cruel and they could so easily. Why not? Where's that? What What is What's that moral compass of some sort of fairness or integrity that keeps someone having that kind of character even though they may not believe in God or religion? That's why I'm saying in this, is it about belief? Yeah, the book's about belief. That's what I'm peddling here. I need more of it. I personally believe in God but the whole thing is not for if people that just believe in God. You believe believe in trying to pursue your better self transcendent self. If you believe in the future, you believe in your kids, you believe in the past, something don't know what that is, ask yourself what you die for. Start there. Everyone kind of believes in something. There's an argument that even Nile believe has nothing. Nothing's even something, you know. Um I don't know how you double down on nothing, but double nothing. Yeah. There's a an opposite end to this scale as well that continuing to sort of betray yourself. Uh sometimes you can do everything right and still not get the result that you wanted and that seems like a really tough pill to swallow for people. I think that's why people become uncomfortable with fully feeling their emotions. Yeah. So where do you go? What do you think when I really I I gave it my all there. I bed myself and I still got kicked in the nuts. Yeah. Not only did I feel like I deserve it, I feel like I earned it and I still didn't get it. Wait a minute. But you said that's the playbook and I followed the playbook. You said these were the rules and the regulations. I followed it and I was good at it. I still didn't get it. Well, suppose that's why we have entrepreneurs and criminals and I mean I have to I think I I naturally come back and look I I I hustle. I'm a hustler. I I I'm not puritanical. I'm not making not I'm not trying to preach a absolute straight and narrow way to go things. I bullshitted my way into things and faked my way into making things. pulled off stunts, but I I I I've never been able to really live with by hook or by crook, I'll get it how I can get it. I'll lie, cheat, and steal to get it. I got the prize and I'm still okay. I got it. My own shadow chases me down in the middle of the night. And those nightmares do become my own daymares. Now they're getting going for it and not getting it which we see a lot now right now. I think we're living in times where one of the indirect examples we'll see seeing from leaders some leadership is who's got the power? The winner. Okay. So what are the ethics? Well, whatever the winner does. Yeah, but the winner like pillaged and lied and cheated and told him get the prize. But he won. Wait a minute. you moved the goalpost while I had that. The ball is in the air, man. Is that okay? They won. And to I'm not buying to say I'm not ready to purchase that. Okay, that's just how it is. Um and I'm in no way foolish enough to think that everybody out there is on their best behavior. No, me neither. Uh, but I'm not ready for just hey, however you can pull it off and however many people you crumple along the way, there ain't no rules, regulations. Oh, and actually, if you do follow the rules, you're a sucker. [__] you. What's the game for then? We're going to get dizzy on that. That's going to self-implode. That's going to be That's not the Wild Wild West. That's more than that. That's upside down and backwards and the foot's on the other shoe. That's not going to last. that that that that that doesn't have any RO long-term ROI for us personally or collectively as humanity. I don't think so. We got to police that ourselves, you know, and I think that's my hunch is that we start with that. Everyone, no matter how much they're thinking globally or collectively, it all starts with something very very personal. And that that's where a revolution will could begin. and a revolution of evolution would begin that each person goes, "I've got to go one step

further." As I talk about to salvage my character or one step further before I pull the parachute, quit. I think that would that's how you could really inch forward and evolve in a way. Before we continue, you are probably not eating enough fruit and vegetables and you know it and this is going to help. Good news. AG1 just released their nextgen formula. It's a more advanced, clinically backed version of the product that I've been drinking every day for years, delivering more than 75 ingredients, including a multivitamin, pre and probiotics, superfoods, greens, and more. And for the first time ever, they've now added flavors. Tropical, citrus, and berry, available in the US and Canada. So, you still get the same one scoop ritual, but now with an even more thoughtful formulation, flavors, and four clinical trials behind it. Designed with absorption and maximum efficacy in mind, AG1's been evolving since 2010, continuously improving along with the latest research, and AG1 NextGen is the result. It's clinically shown to help fill common nutrient gaps and support gut health, even in people who already eat well. In one study, it boosted healthy bacteria in the gut by 10 times. And if you're still not sure, they've got a 90-day money back guarantee. So, you can buy it and try it every single day for 3 months. And if you don't like it, they will give you your money back. Right now, you can get a year's free supply of vitamin D3, K2, free AG1 travel packs, and that 90-day money back guarantee by going to the link in the description below or heading to [drink ag.com/modernwisdom](https://drinkag.com/modernwisdom). That's drinkag.com/modernwisdom. Let's say someone has been kicked in the nuts a good bit by life. How do you advise them to sort of become the hero of their own story again? Man, that's a tough one. I got a I'm going to pull in here called Heaven or Not and try and find it and uh see if this kind of half answers that that question and uh you know I don't have that answer. A lot of times these uh here it is heaven or not you know tomorrow is not today's measurement when the misery is bad enough right these people don't have to the suffering consideration is a it's a privilege man I'm trying to put food on the table right now and pay my rent tonight you want to talk to me about investing in my future and I say and that's part of what faith and religion are for to help those in misery hang on to a hope that will most likely not be served serve them in this life to sell them belief and faith that they will be served in the next. And what if there is nothing there, man? What if there's nothing to hope for? What if there's no next? I don't know. But either way, in misery here or without a heaven there, not having any hope or faith in anything is a certain way to remain where you are forever. But if you can find something that you can keep going, something that no matter how small to look forward to and continually have faith in and chase, well then your life here is going to be better now, heaven or not. That's a great question. You know, I sit here with a life where I have the the luxury to project, to ask myself and ask others, no, make a sacrifice today. Sacrifice a plastic ring today for a gold crown tomorrow. Sacrifice something today for more freedom tomorrow. Sacrifice something today for a possible healthier future for your kids. I understand that's a luxurious position. I'm not going to apologize that I'm in I'm in it. But I understand to someone in misery, they're going, "Good for you, man. I'm trying to feed the family tonight. I'm not thinking past that. I can't think past that." what he asked them to do. Yeah. My indirect thing I would say and understand is well if you don't have the hope or believe in something you're going to end up you're going to definitely going to remain where you are. And if you have hope and faith in something, I'm not saying it's 100% get out of jail. You're going to absolutely get out. But you got the best chance to peace is a gift of God and grace. To reach it mean we must rage. age. Yep. Yeah. I'm going to close my show that I'm doing when on this little bit with the tour with this with that cuz hey man kumbaya um I

get it. I don't think that's how peace is coming. I think that's a great place to hope for, but to get there or closer to there is going to take punk rock a rage. It's going to take getting wild. It's not going to be necessarily logical. It's not going to be tame. It's not going to be whispered. I don't think it's going to take nothing. No emotion gets more [___] done than rage for for good or for bad. Seems like rage really moves the needle. You know what I mean? And I think that that emotion and that approach shouldn't be thrown out when you're talking about a pursuit of peace or contentment. I mean, it it takes sweat equity. It it would take blood being drawn. I don't believe that we are as evolved enough species to as to just behave as we intellectually can agree we should be. I don't see it happening. We can all agree with it in an open forum. Enough of us go back on our own and what we're doing. You know, it's a good idea, but boy, when it's we're cornered and what we got being possibly trespassed on be very primal. Some lines need to be drawn. I I believe so. Wonder whether we uh overpraise balance when when greatness might demand imbalance. That's an interesting one. That's a fun one, man. Do we over praise balance? Yeah, I think my first reaction would be we do overpraise balance a bit. It's a great pursuit. I think a better pursuit is try and find the rhyme in the imbalance. Well, let me give you what I think is the justification for why balance gets overpraised. Most of the people who have a platform which is sufficiently big with enough credibility for others to listen on mass have been through the rage and now burst out the top to reach exit velocity. Okay. And what that means is they're in a very different position now to what they were at the beginning. Yeah. And the summary is uh model the rise not the result. I like that. model the rise, not the result. Because the result is where they're at now. Do not ask Warren Buffett about how long he spends reading the newspaper and pouring over old books. That guy was a hustler. He was a hustler when he was young. What did you do when you were at the stage that I am at? Not what do you do now? Because I want to get to where you are. That means I don't do what you do now. I do what you did to get there. Yay. Model the rise, not the result. Love that. The approach. Okay. I'm all over. I'm all for that and the way especially the way you just explained it and and let's just talk about overall the and I haven't thought of it when thinking about aspirations with people and things but the result which we know there isn't really one and we cannot imitate someone else's exact result. We're going to have our own thing way to get there. Um the the approach is all I think that's that's that's the best our life can get is one constant approach or and with many different approaches but knowing we never there is no result. That's when I always say the metaphor life's a verb. Um but that's that's really fun to go no no no no don't study the result. What was the person doing when they got there? And everybody who's achieved something great was some sort of outlaw. Yep. Some sort of hustler. Out of balance, out of whack, dark times. Woo. Astream. Still wakes up in the middle of the night and glad there went a mouthguard cuz they'd have chipped all their teeth through that [___] nightmare they were having about those things they did back then. I'm one of those. Well, another question would be, what virtue is there in balance if there was no such thing as imbalance to fight against? True. Yeah. Oh, I just reached equanimity, right? You know, I walked out onto this tight rope. Yeah. Exactly. And I I don't know. It just I didn't wobble once. Well, now we're going into I have that I got that thing there. I said, what what's better? Take eight. Take eight eight big risk in life. Sin once, miss the mark once, but get seven. Achieve seven. Seven out of eight. or take a hundred risk and achieve eight of them. My hunch is that there's a God. He's saying go for the hundred and get eight rather than eight and get seven. Mhm. If you're not take if you're not taking enough risk to sin or miss the mark, which

is what sin means to fail, then what are you doing, man? Don't come back with even money. go back with a safe bet which that can become a sort of recessive peace and namaste. No, it's a it's almost a it's I don't think it's what the mystics meant when they were like be disattached. Mhm. I mean go embrace but for highs and lows and pains and pleasures understand that those outward things are not the things to be attached to for your own identity. It's got to be inward first. Enjoy those, partake, but don't become attached to those for your measure. There's a an idea from Isaiah Berlin called the inner citadel. He says, uh, when the world denies us that which we want, we retreat into ourselves in a kind of spiritual depth into a sort of inner citadel. Basically, if you can't get what you want, you teach yourself to want what you can get. Okay? Uh so for instance um you damage your leg in a battle and you can try to fix the leg in which case you're fine or if you fail you chop your leg off and announce that the desire for legs is misguided and must be subdued. Right? This is a retreat in spiritual death. This is uh aestheticism on steroids. Um I by not trying to play the game there is no risk of failure. Right. And I think that the not making any bets. Um I I I see this a lot. I've been very obsessed with emotions. Since we last spoke a year ago, I've been very obsessed with emotions, with feeling feelings or trying to. And I get the sense that feelings are one of these strange bets. Emotions, investing ourselves, not holding a bit back, not putting one foot out, like putting it on the line, opening up. Yeah. Exposing ourselves. And that feels like uh a retreat in kind, but one that's plausibly deniable. When we just have one foot out, I didn't fully commit myself to this this project, this relationship, this friendship, this this uh self transformation. I kept one foot back. Well, you know, I might I might not be able to do that right now because I got this this challenge or this this restriction from before, this relationship. Like, I'm going to hold a bit back. I'm going to keep a bit for me. This is my bit. And it means that if failure comes along, it doesn't hurt as much. But it also means that success is less likely. And if success comes along, you know that you didn't really earn it. You didn't really win it because you played the game. And that's fine in some areas of pursuit. And at some stages of life, right? Early in life, I don't think you can be left as culpable. You're 12 years old, you don't know what you're doing. In business, the outcome really is what matters. That is what you're optimizing for. Some people business is a a personal transformation vehicle masquerading as a wealth-making pursuit. But for the most part, you're there to do the business. Yeah. But in relationships, in friendships, in the way that you show up for yourself, in your personal transformation, in your relationship to whatever you believe in, I don't think that we should be having our inner citadel really play any hard to pull off. Um, but I it's believe it's similar to what I write about when I talk about a owner's mentality versus a renters's mentality. So many people have the renters's mentality. Relationships, businesses, transactional, you flip it, get it, flip it. And they never give the relationship the chance to possibly be a friendship, to possibly be a long-term relationship, to possibly be a great mate, great partner. They never give the real estate, the house a chance to actually maybe become a home. And that's I think it's the words better that to go in with an owner's mentality. Meaning, have you ever hired someone that you were like probably just need you for a few months. You have? Okay. You have. See, I I have only hired or people that I was like I'm hoping this is going to be a lifer. Mhm. I'm hoping you're going to provide what I need and I'm going to get you're going to get for me what you need that this could work out forever. Barely any of them do. Got a couple a few. But that's how you entered the relationship. But a one I wouldn't have known or I wouldn't have got out of them and they wouldn't have got out of me and if as much if

we wouldn't have gone into it with an owner's mentality. People can tell this is transactional or transient. Let me ask you this though. Isn't all right basically every I know it's transactional transformational those seem to be the two transaction every relationship is transactional but not only transactional some transactional relationships could become transformational but I mean we're all using each other in a way that I can get this from you give this to me my wife gives this to me I give this to her it's a transformational relationship but we're always transacting so I don't have the problem with the transaction I have the pro I I have I have the the whole back when It's like, "Oh, it's merely for transaction. Oh, it's merely for use." And how many people don't even try to hide that? They're just straight up going like, "That's that's that's all it's for. What are you talking about?" Yeah. I mean, I see it in in in in uh Palo Alto, man. They raise all kinds of the startups are everywhere and everyone invests. You flip and it falls down and no and they don't even blink. Yeah. and you work for somebody and you become their CEO and they fire you and d and hammer you and see it in politics and they hammer your name and drag you through the mud and like dude that's just that's how it is. No problem. Hey Bob, how you doing? Like that's the guy. No, that's fine. It's just business. It's just politics. I'm like hang on a minute. So that was that transactional that that's water off the duck's back for you? And for so many it is. I'm amazed at how people do it. They're built different in the same way as doctors and nurses and firefighters, people that need to deal with trauma, right? Uh you are dealing with interpersonal trauma. You are you are a a soldier on the field of interpersonal battle if you're in politics or if you're in business. Yeah. You also don't necessarily do what you believe. You do what's expedient or successful or efficacious. You efficacious. What's that mean? Uh effective. Okay. Yeah. Um, you betray a lot of people, a lot of ideals, including yourself. That doesn't sound like very much fun to me. Not that betrayal part. I wonder if it's inherent or if that's me reading it from the outside and saying, "No, that could be different." I wonder how much of that is people optimizing for the wrong outcome and only getting to see a very narrow aperture of other people's outcomes, too. Or this person seemed to step on some toes and and break a couple of arms on their way up. They were okay. Everyone seems to be all right with this, right? You go, you don't know what the texture of that person's mind's like when they go to bed at night. They might not have spoken to their father in 5 years, right? They might never feel peace. Yeah. They might permanently be anxious. They might hate themselves. Might not be able to get an erection, right? You want that. You really want that. But you want this. You want the outside success. The price that people pay to be somebody that you admire is one of the most fascinating questions I think. Yeah. Yeah. Trying to think. I'm going through my head right now. Where have I sacrificed my own character to get ahead so then to be perceived as? And I know I've done it many times. part of that hustling part I said I've done, you know, and I That's the rise, you know. Yeah. And being a marketeteer, too, you know, gotten away with stuff, played games and da da da da da. Kiss the fire and walk away whistling. A little uh Icorus light. Yeah. Did we talk about Icarus last time? No. No. I think I think we're more in need of Icarus in reverse. Meaning I I think, you know, oh, don't get too close to the sun. It's getting hot. It's gonna melt that wax. I think most of us are turning back and it's 45 degrees Fahrenheit without bees on. I was like, dude, what where do you go? Where do we get the arrogance to think that it's actually getting hot? We're not even close, man. Not even close to getting hot. I mean, that close to the sun is way up there. Arrogant pricks you are thinking that you're that close. You didn't make it near as far as you thought you did or as you could go. I wish more people I'm going to flip the

word were more involved with themselves. Embrace your instead of self-involved. That has a bad term. I wish people were more involved with themselves. Yeah. I think that's where we're more deficient. Believe in yourself or invest in yourself. Do more of what you can to be great at a craft or vocation or to get what you want. In other news, if you thought that lemonade couldn't get better, it just did. Element has taken the classic taste of lemonade and actually made it useful and functional, giving your body back the sodium, potassium, and magnesium. It actually loses when you sweat. No sugar, no junk, just the stuff that works. And that's why I'm such a huge fan. That was horrendous. You're nowhere near me. Uh lemonade in an ice cold glass of water. Just Okay, that was better. Hits different. Hits different. And they back it with the best policy for money back that I've ever seen. No questions asked, unlimited duration. If you don't like it, they will give you your money back. And you don't even need to return the box. That's how confident they are that you'll love it. I keep hopping on about it because it genuinely makes a difference. When I use it, I feel the difference. And proper hydration is not just about drinking enough water. It's about having the electrolytes to allow your body to use those fluids. And they offer free shipping within the US. Plus, right now you can get a free sample pack of Element's most popular flavors with your first purchase and that money back guarantee by going to the link in the description below or heading to drinkInt.com/modernwisdom. That's drinkInt.com/modernwisdom right in the face. Yeah. You thought you could hide back there, didn't you? No, no, no. I see you, man. You know the story of Sisyphus? I don't man that was cursed to roll the boulder up a hill for the rest of time by the gods. Uh this man gets cursed, I think he was a demigod, gets cursed to roll a boulder up a hill. It's heavy, heavy boulder. He rolls it uphill and just as he gets to the very top, he stumbles and it falls down and crushes him and he needs to walk back to the bottom, turn around, pick it back up. And Albeckamu's famous line is we must imagine Sisyphus happy that this pointless pursuit uh that he finds joy in the process of doing it. Um I wonder if we can imagine Icarus happy. I wonder if we can imagine the guy that is flying toward the sun as well. He had a view that nobody else got from up there and he only did it once and the wings melted. But right, what if you'd run that experiment a few a few times and what if you had a little parachute that could have sort of brought him down? Yeah. Yeah. Yeah. You might have realized that that was just a one-off and actually I think you can get closer. Right. Right. Yeah. Yeah. Yeah. We must imagine Icarus happy, I think, is a cool a cool idea. Yeah. And you know, he regulated his breathing as it got so hot and sweaty and he learned somebody swung by and he had a backpack with water on him the next time. Yeah. He used the stronger glue, more feathers. Yeah. Yeah. He stitched it. You know what I mean? Came down a little more tan than the time before. I've always relied on logic to make sense of myself and the world. I've been finding that tougher to do lately. Seems to me the facts have become unreliably overrated. How so? What is a fact? Where do we go for the facts? What's the truth? What's where to go for that? That's probably a bigger question than what's a fact. I think a fact I think the facts are an underdog right now. And I'm not sure where to go to find them. The math doesn't seem to be adding up. I'm not looking around so much. And part of the reason I wrote this for my own spiritual therapy, I was going I found myself getting cynical looking down my nose. not giving people the benefit of the doubt, stereotyping, objectifying full group people in groups. And then the scary part was I started to entertain the idea of, yeah, it may just be how it is now. And that scared me. And then I got angry at that. And I'm still in the midst of some anger with that which is a bit of that rage thing which make me act upon it and go [__] Mm- not conceding and I don't

think anyone really wants to concede that that's just the way it is. And if it is the way it is and the reality is not enough to get off to let's go to the dream. Let's flip that script. I always have gone from non-fiction to say let's make that the dream. Just keep living. Art emulates life. And that's in the recent years has started to pay me back less. How much is that to do with my own eyes? Probably quite a bit. But whatever it is, still seeing it and uh I want to fight against it. So I flipped it and said, "Let's go to dreams. Let's go to pray poems, prayers. These are pursuits of an ideal beauty. These are in between the lines. This is in between the math. This is not academic. This is not intellectual. These are ideals that we pursue. The beginner's mind that we have as a child before we know worse. And I don't want to be ignorant. I don't want to be foolishly optimistic. Let's look to those and believe that we can still make those real. Let that bring rhyme to the reason instead of looking to the reason to find the rhyme. Mhm. That's it. The rhyme communicating with the reason because life around us is all like reason reason. Neck up, man. So, I want to pull some weeds here on this pathway. Open up that this one lane dirt top road with potholes and it's a oneway going the opposite way which way I want it to go. It's going away from the heart. And to clean that up a little bit and go, let's get you two communicating a little bit. Uhhuh. You're not going to win every time, bud. Cuz we got we we we like our reason. We want to mind ourself. But we make a decision, we have any kind of certainty or we make a judgment. Let's let's have this let's have our heart be a two-factor authenticator before we make that decision. Um and uh that goes for the compassionate side. That also goes for the consequences and and of saying the buck stops here with ourselves and others. How do you advise perennial overthinkers to get below the neck a little bit? Perennial overthinkers get below the neck. Record themselves all overinking. Have a listen back. I do it. I overthink a lot. And when I've heard myself back, I'm like going, "Dude, you're kind of seeing so much significance that none of that shit's significant." Every detailed frame have You're giving it a proper name. Oh, if everything's significant, there's no significance at all, man. Some shit's just like I don't have the capacity to deal with it. I don't really care. It's just how it is. Don't some of the inevitables and sometimes you got to let those ride. I'm not trying. That's just how it is. I'm going to deal with that now. I'm going to deal with what I can deal with. I I get the middle agitations on that. And I listen to myself back and I'm like going, "Whoa, you need to get some sleep. You need to have a drink. You need to relax. You need to, you know, I got this uh uh funny appointment here. It's called barbituate logic. Where's barbituate logic? Can I find this for a second? Uh, there it is. I need to calm my brain to have half the thoughts per hour. 50% of the neural fragments and therefore twice the power and one doubly meaningful story with half the words. You know, sometimes it the snaps it's just it's too much. It's all treble. And if everything is significant, you're like, you miss the main thing. I I'm missing so focused on the drop. I didn't realize it was raining. It's the force for the tree thing. So that's the overthinking. When I've recorded myself, I can hear that there is some lanyop etc. in my talk and some of it is babble. Some of it may be succinctly fine-tuned and wonderful. Then I have to go, is that useful to my understanding? Is it useful to the story I can tell? Is it useful to my application in life? And a lot of times I'm like, no, it's clever. It's like smart [__] I don't want to spend too much time in that head because that sounds like, you know, you broke a sweat in places you weren't really getting exercise mentally, spiritually, or physically. Um, so that could sometimes listening listening back has helped me baseline some things and kind slow the brain down. Man, you're missing me give more meaning. And you hear the smartest people, man. I love hearing the wisest people.

Their stuff's short, bro. It's quick and you go, "Oh." And you're like waiting for more and you're looking around and they're like looking at you like that's it. And you're like, "Perfect." my dad telling me when I wanted to go to film school instead of law school and I thought he was going to go you want to what him taking that pause and says is that what you want to do and I said yes him going well don't half ass it was waiting for so much more that was it and there's no that was it nothing better he could have told me yeah at that time yeah it's also I think remembering when we overthink things or overexplain things. You're stealing a lot of times in in moments that you think maybe you're teaching even ourselves, especially others. You're stealing the the dignity of leaving the truth in the askers's kitchen, like saying letting someone come up with the have a conversation, but you're letting them come up with the answer. It's like what the best directors do in films. They don't tell you what to do. They talk about and get you to go, "Oh, oh yeah." So, and you go it is as you say, then we got ownership and that's our idea whether we were manipulated into it or not. We're got going thank you. It's mine. Now we got fire. Now we got purpose. Now that you get the great performance in front of the camera and I think in in life more too when person feels like they came up with the idea. I always tell directors, man, I'm easy to direct. Just don't tell me what to do. And if you can trick me into thinking, "All right, all this shit's my idea." Yeah. You know, yeah, there's a wonderful insight about why we like people that's similar to that. So, uh, inverse charisma. Uh, a lot of the time we think that we want to be more charismatic because that would make us more likable. We want our stories to be engaging and our aura to be electrifying and our presence to be magnetic and for us to walk into a room and for everybody to sort of look up be compelled. And then I looked at the friends that I liked spending time around the most. And they're interesting, but that wasn't really the common denominator. Some people are interesting and some people make you feel interesting. And there's this wonderful story about Jenny Jerome, Winston Churchill's mother, and she gets to meet uh Benjamin Israeli and William Gladstone on consecutive nights for dinner. And she leaves the first dinner, says uh I left that feeling like he was the cleverest man in all of England. She goes to the second one. She says, "I left that dinner feeling like I was the cleverest woman." And this wonderful idea that some people are interesting, some people make us feel interesting. And and kind of the same with with this idea here that uh allowing allowing the conclusion to be arrived at. Yeah. Uh is often the best solution. Yeah. I I have to continue to watch it. I love being in the know. I I love giving advice. I love sermonizing. My kids will be like, "Can you give something a TED talk?" Dad, like, "Yeah, shut sit down." No, no, no, no. I've got slides. Listen, I let them find it. And you know, I heard a cool trick and it was just so simple. But uh one in talking and sharing something that you've learned that you think may be applicable to other people. The use of I, you or we to use the we like you is dangerous because people be you're talking at me. You're telling me what to do. I is safe because well that's you're that's your experience. Maybe you invite maybe people see themselves or not. to say we it's a it's it's closer to platitudinal because you're going like are you speaking for all of us? But it does welcome everybody in. And it says that and I always like to say this when I'm talking about things with people. I'm like when I when I say we, I'm I'm including me. All right. Because I'm not we includes me. Yeah. We includes me. I'm not I'm working on this [__] too, man. you know, um, and trying to and like I have to be reminded don't don't be afraid to ask the question that I'm asking for myself that can open up someone else to go, well, I got an answer to that. What do you got? Did with the similar with the kids last night. Instead of saying VA Levi Livingston, how

are you doing? It's a tough answer, tough question to answer. I said, and my friend gave me this note, said, "Hey, what's what's the life of a teenager like these days?" They took off and talked and shared all kinds of stuff cuz I wasn't putting them on the spot or they didn't take it as put on I found out so much more about how they're feeling by asking It's broad question. Broad question. Yeah. Yeah. Yeah. Yeah. You know, Yeah. It's funny how we need license for that. Yeah. In a strange way. Yeah. to be able to talk about is a lot of times how we best talk about ourselves. Yeah. Yeah. But couched with enough distance. Yeah. Yeah. I have noticed I have seen it. It's the I'm asking for a friend. Uh justification. Yeah. Yeah. Yeah. Yeah. What do you think about the role of courage in life? You know, we've talked so far about the balance of doing it and not doing it. We've talked about dreaming big and maybe dreaming even further. And then we've also had this idea of uh a little bit of relinquishing of control. Yeah. As well as we got to apply the effort, we got to have the vision, but we've also got to know when when we're going to let let go a little bit. Yeah. It seems to me like courage, the ability to feel our convictions and commit to them is a little bit of a common thread that sort of runs through those. Yeah. So I grew up only knowing sort of the courage of the persistent. Be resilient, endure, get up, dust yourself off, go. The problem with that, the Achilles heel with that is if you get up and you have the courage to keep on going every time and get up and dust yourself off, you make the same mistakes each time around cuz you never backed up. To have what I've now learned and still learning is the courage to go, "No, I'm going to let some people pass me in the race right now cuz I'm going to look at why I keep stepping in that damn same pothole and twisting my ankle. The same spot. why I keep failing when I try to get that next spot in this relationship or failing in this place to get this product of my craft to the next. Would that be uh the relinquishing of the romcom era in in a a small part for you? Small part. Yeah. Uh yeah, that that was one. It also has to do with when I got married. my, you know, son comes to me at four years old and says, "Why isn't Mama McConnah?" I'm going through my head. You're [__] four, dude. I sat there. I was like, "God, did your mom put you with this?" It's a great question, but I mean, we're not because we're not married. When you get married, you switch your name. Okay. And then he just got listened and all of a sudden he goes, "Are you scared?" I'm [__] four years old, dude. And I was like, "Yeah, I guess I am." I remember going to a pastor and talking to a lot of different elder men who had had long-term relationships, were married for decades and stuff, and and and my pastor goes, "Let me just ask you this, Mr. Risk Taker. What's the bigger risk? Carrying on like you're going, it's going well." or taking the deeper dive into the sacrament covenant of marriage which should be a covenant between you and her and God. The trilogy will go forward. That will be a whole new vent adventure in itself. Are you what? What's a bigger risk? I was like, "Oh, the getting married's a bigger risk." He was like, he didn't say another word. That was part of why I made the affirmative action and was what I was looking for as a way to play offense with that choice. I didn't want to do it because that's what you're supposed to do. It's time. We've been dating for this long. We got engaged. I didn't want to do it by the book. and I was looking for the authent being able to do the work I was doing and offer the roles I was getting the romcoms was eating at me because I felt like I could life is good man I make good Honey, feel like I can roll out of bed and do one of these tomorrow morning. Well, that's cool, man. I'm kind of number one. I'm I'm I'm the I'm the go-to guy for this. But I wasn't I was countered by I had met Camila, fallen in love, she's now pregnant with her first child. So that my life was extremely vital and I was alive, cried harder, laughed louder, felt more joy, all those things. about my work

was like all right and I was like well I wish my work could be as challenging or as vital as my life and I remember looking in the mirror going well be glad right now appreciate that it's not the other way around but can I have my work challenge my lifestyle in this vitality yeah if I do some dramas I want to do well those aren't coming all right if I can't do what I want to do quit do what I was doing now that was I think yeah it was definitely courageous I did I honestly think I'd written myself a one-way ticket out of Hollywood. People close to me. Basically, almost everybody besides my wife was like, "What is your major malfunction, little brother? You got it made. Why? Why are you throwing a jack knife in this? You're tripping yourself running downhill, man. You did it. And I had my wife and myself to remind myself of that 4:00 a.m. clarity that I had in tears when I was like, "No, I'm I'm I'm I'm rolling the dice. I'm sticking with it." And yeah, man. I did think I wrote myself a ticket out of Hollywood. I did look at other vocations, become a teacher, a wildlife guide. I seriously seriously look at those things. Um but over time and it was about 20 months it was gone long enough had found anonymity enough was not in your living room in a theater in a romcom. You didn't see me on a beat shirtless where is he and then I think I told you the story turning down the \$14.5 million offer made people go oh [___] what's he up to? They don't just you don't just step out of Hollywood and then unless you get you turn that down because you got a plan. you got somewhere you want to go and I think that made me more attractive as a new novel idea. But that was yeah that wrist took a I think it's fair to say that took a fair amount of courage from me. A quick aside if you've been feeling a bit sluggish your testosterone levels might be the problem. They play a huge role in your energy, focus, and performance. But most people have no idea where those are or what to do if something's off. which is why I partnered with Function because I wanted a smarter and more comprehensive way to understand what's actually happening inside of my body. Twice a year, they run lab tests that monitor over a 100 biomarkers and they've got a team of expert physicians that analyze the data and give you actionable advice to improve your health and lifespan. Seeing your testosterone levels and dozens of other biomarkers charted over the course of a year with actionable insights to actually improve them genuinely gives you a clear path to making your life better. And getting your blood work drawn and analyzed like this would usually be a nightmare and cost thousands. But with function, it's just \$499. And right now, you can get an additional hundred bucks off, bringing it down to \$399. So get the exact same blood panels that I get and save a h 100red bucks by going to the link in the description below or heading to functionhealth.com/modernwisdom. That's functionhealth.com/modernwisdom. For a lot of people, their work feels more vital than their life. Yeah. Is that a shiny object mirage that they need to rid themselves of? If you can and you're willing to. Yeah. Look, that's part of why I started writing. The script flipped on me 5 years ago. I was like I was feeling like my work was more vital than my life. I felt like I was going through the motions more in my life, but I was really getting major life experiences and through my work. And I had the same question. I was like, well, let's see where I can challenge myself more in the documentary, the one life I'm living rather than the characters I'm going to play that somebody else wrote, someone else directing, someone else is lensing through their camera and editing. What are we doing on this one take that we've had since the day we were born and will be cut the day we die. And so that was a challenge to myself which led to the the writing which was a more direct experience kind of put a word down without it's my script and without my performance on it without music without pictures and uh so that was an inward journey that I'm that I'm still on and now I think I'm trying

to want to do both of them. I just did a couple movies. Jeez, I was reminded how much I love it. M it felt like freaking vacation going to act again to have a singular obsession like that was like it was a it was a vacation for me and I did good work I don't mean like it was laying back with the pina colada I would getting what I wanted done each day and collaborating with somebody that I like to collaborate with and building this thing and building a character within the movie and being done I was like that was so much fun that felt like a vacation much more so than the two months I just spent in Europe it felt like more of a vacation than that which has led me to question myself. Maybe I need to learn how to vacation differently. That's also a skill. Yeah, I hear uh True Detective season two maybe coming back. That would be season probably five. I've season two with you. Oh, well Nick's got an idea. Pitch a lot of the creator and he's brought it up to Woody and I we've talked about it and he says he's got a line on it and we both said, "Awesome. show us. Um, that's as far as this has gone. Um, I think we've talked about that. I I I missed that. I loved that series. It was my favorite thing to watch on TV and I happen to be in it, but I just was I loved it. I watched it every Sunday night like everybody else. Um, and in a series, it was the first time, especially now, because things are getting abbreviated. The first acts of stories are getting abbreviated more and more I'm finding and I don't know if this is because oh people's attention span are shorter just introduce characters and let's get on with the conflict but act two starts on page 12. It used to start on page 37 38 and now it starts on page 12. And I'm like man the actor's favorite part is act one because that's where we're going okay maybe you've seen it before but you hadn't seen it with me. You hadn't gone on this journey with this character. Let me introduce you before the conflict arises to this world and this character and my behavior and my relationship so you can go on a journey with us with me like you've never gone through this before. Well, those are getting reduced. The series of True Detective, eight series, eight hour episodes, man. I got three hours. I got I got 190 pages of an act one. Um that's a luxury and a beautiful thing to have to sit there and go okay you don't and it takes took me a lot of patience cuz I almost made some choices. I was I remember sitting there after a month in thinking like I think what I'm doing may be really boring and I was like no trust trust when when rust becomes crash it's going to flip. Trust getting there. But I was sitting there going and I was going to Nick and Carrie on is this boring what I'm doing? And they were like, "No, stick with it." I was like, "Okay." I go, "You're you see stuff bubbling underneath." They're like, "Yeah." I was like, "Okay." Cuz I'm getting anty, you know. So, if that came along and it was the right script, be a great collaboration again. Tell you who I had on the show last week in London, Bugsy Malone, and uh he was telling me a few stories about what he learned working with Guy Richie. Yeah. What have you learned working with Guy? Guy is great in the moment, but you ask guy to work on anything or talk about what we lump for dinner tonight and it may be six o'clock. That's too far in the future. That son of a gun. He wrote he he he wrote the script and I go in and I my character had great monologues and great things to say and it takes a lot of work to work on those things and working to understand them and I'd show up on the day and he we'd always sit down let's hear it and he'd be over there listening and all of a sudden be like oh god what did you say gez what was that line there oh god that's rubbish who wrote that well you did like oh god that's [__] you know what and he starts spitting out different lines and he's rewriting on the day like right before you're supposed to do the scene not the morning of and definitely not on a Sunday before the week. I'd ask him to meet me on Sunday to go to the script. He stood me up every time, every time. But you get on set and now he's in it. And the stuff he comes up with live

where I went from frustration to like, oh, because 95% of the stuff he comes up with live is better than what was there. And so I started to go, okay, it's a meter. It's it's a musical meter of speech patterns that he's hearing. Pop pop pop. And there's no ums in any of his stuff. It's sharp. You know, it's it's it's it's noun verb, non-verb, noun, verb, maybe an adjective, adverb in there somewhere. Period. Bam. Pop pop. And he hears it on the in the moment. And again, he's funny. He'll call out something that you'll think I thought was some of this genius stuff he wrote. And you'd be like, "Oh god, that's [__] Who wrote that?" Like, "Well, you did." He's like, "Well, that's rubbish. Throw it out." He's like the uh he's like the freestyle rapper of the director world. Yeah. And I I loved after I got past frustration. I I mean I enjoyed him and working with enjoyed him before I enjoyed working with him. And then I understood the way he worked and continued to enjoy him and enjoyed working with him. I really enjoyed working with the guy and the way his mind works, his attention when it's live, when it's time. Now we're in it. Now we're at the table. We are all here to shoot the scene. Let's sit down now and read through this how it sounds. But you want to do this an hour before? You want to do this back in the trailer? Uh-uh. Uh-uh. That's exciting. That's like a tightrope. Yeah. So, I had to go between, you know, what's worth learning anything in the damn script to No, no, no, no, no. You know, there's certain things. Of course, you're reading this thing the night before thinking, I know 50% of this is going to be thrown out tomorrow. 60%. You know, um, but like I said, when you look and you hear it and you go in the moment, you go, "That is better." Yeah. And the hard part is right after you hear it's better and you agree it's better, it's like, "Okay, let's shoot it." And like, well, hang on. I I need to It was a lot. Let me have a look at it. You know what I mean? Let me try and at least memorize some of it. Yeah. Apparently, you've shot at Stray Vista before. Did you have a cactus? Did you have a uh I had many cactuses in many places that had a cactus. I was telling a story to someone a couple days ago. I think it's the picture on the back of the book where my Airstream is there. I believe that's in Utah. Mhm. And I remember that place because I pulled off the side of the road about 5:00 p.m. one afternoon and I went on this dirt road through this camp that was crystal meth. They were hacking it up and the the the the wandering eyes and the twitches, they were all out there watching me pull in. And I'd learned from being on the road enough that it was me and my dog that when you go and you know some possible uh um uh danger in the people that are around. You got to watch how you get out. You got to watch how you drive. You got to watch how deliberately you back that thing up. You got to watch how you get out of the car, how you walk deliberate, how you got your shoulders back. And you also, it's a good idea to grab the baseball bat and do some stretches with it with your shirt, you know, and your dogs out. And while you know they're over there a half mile away with the binoculars, you just enough to hopefully have them go, "Well, maybe let's pick the next guy." You know what I mean? And that night, I slept there and went to bed and I woke up at 4:00 a.m. to this sound. And of course, I already had on my mind if in case they come to break it, it wasn't them. I, unbeknownst to me, had pulled up 6 ft away from a a rail train rail and a train came by at 4 in the freaking morning and and I was 6 feet from it and that's what I woke up from in that spot. So, you do feel at home. We just need a train going by. Train would be right on the backside. Yeah, right on the backside. Um, in deserts, you know, you got me in the desert. This is my This is where I I feel most at home in deserts. Um, I don't know what it is. Deserts are like cats. They're so feline, you know. Everything's incredibly clean. There's no mildew. There's no uh uh the moisture's not there. If something rots, it dries. It doesn't. There's no bacteria. And I just love the

cleanliness of a of a desert. I get a lot of energy in the desert. What's the difference between a nice guy and a good man? Yeah. um you know, right about that and there, but a nice guy has is about some a nice guy gets along. Yeah, do that. Yeah, I'll do that. They don't necessarily have discernment or judgment. Not sure what they stand for or stand against. It's like, yes, yes, yes, sure. Yeah. Hey, a good man has ideals that they stand for and they'll stand against and when they're tested, a good man is not a nice guy. Um that's in the chapter of Manning Up. You know, that's I was that time when I was doing the romcoms and that's all I could do. I was feeling like my work was just me as a nice guy. And in life, I was not just a nice guy. Like I said, Camila's pregnant. I got a child coming. I was I was feral with masculinity. and and my work. Maybe I was feeling a bit neutered. And I was like, well, I'm I'm I'm I'm a good guy and a good man in life, but I'm just a nice guy at work. Can I be a roles that can be a a good man? And that was dramas. Cuz in dramas, you can stand for or stand against something. Your ceiling for pleasure and your basement for fame are up to you. How do you feel about it? And no direction can go that's too much or that's not enough. You got too angry there. Oh, you meant that too much. Those that that didn't come in a drama. Those come in a romcom, right? Cuz the emotions and how you feel are compressed to be in a buoyant level in a threshold that's up bouncing from cloud to cloud only. Dramas are as much pain, as much evil as you want to go, as deep dark you want to go. Get there. Let's see how far you go. how high you want to fly, how close to that sun you get before you before you get burned, go see how far you go. That's what you get in drama. Much more like real life. Um, and so, you know, good guys, being a good good being a good man's a lot harder for good reason. Not going to be most popular, not going to be always most affable. Um, it also doesn't mean you got to be a dick or an [__] Just means sometimes you got to go, I believe in this, is this for me, this is for me, and that is not for me. And because that is not for me, if you do trespass into my space upon me and my family, there will be I will do my best to cause consequences. And I'm going to let you know that. I want I hope that's apparent because I'm not going to intrude on you, but if you trespass that I mean I'm I'm going to stand up for it and that we can talk our way out of that. Great. No, it doesn't always work that way. You know, a good man's not looking for trouble, you know. Um, but if it comes and if he or something he cares about unless we're susceptible to being trusted on but trespassed on by trouble, a good man does what he can to do to stop that. So Aaron Bugsy um tells this story. He famously had his house robbery attempt occurred on his very nice house in Manchester. Manchester's got some spicy individuals in it from the gang culture and there is a CCTV video of him. Now by this point, this is I think 21 or 22. So he's been in the first movie. He has had multiple huge albums, world tour rapping, done all the things. Most played fire in the booth, freestyle in history, all of this stuff, right? Uh so you might think even though he came from below the streets sort of he came from the sewers uh as a kid he has a public image to keep up. Maybe he's got soft the sort of velvet prison silk pajamas problem. And he told me this story and uh his girlfriend rings. She's in the house. These men are trying to break in. There's a barricade. So he's driving back with his sister in the car. He's driving back and there's a guy by the side of the road and he can see he's got a brick in his hand. So, uh, Aaron stops the car, opens the door, and immediately says, "Mate, is that you? Blue shirt. That's such a nice blue shirt." And as he's moving toward him, he puts his hands in the air like this. He's moving towards him. He's moving towards he's moved to Hits this guy. Brick drops, finishes him off, gets back in the car, and this bit's captured on CCTV and somebody overlaid it with the call to the police. So, there's a 999 call going on.

Yay. from I think his mom who's in the house. These men are trying to break in and you see him pull up in this Mercedes. This guy been in movies and all the rest of it and it's a van of dudes. It's a van of men trying to break in. Yes. Yeah. You're trying to rob his house and see he's rich. He's got something that we want. He's already dealt with one of them. Think he might have dealt with another one of them as well. And he pulls in in this fancy Mercedes. You see this guy who has got kind of world at his feet opens the door to his Mercedes, pulls his shirt off and just sprints at this van. And he it was [__] electric. He told me this story is so electric. And that's on CCTV. That's great. There's best video he ever made right there, huh? So hardcore. It's so hardcore. Um but yeah, that's you know, good man, not a nice guy. We'll get back to talking in one minute, but first, Momentous make the highest quality supplements on the planet, and I have fallen in love with their whey protein powder. It is grass-fed, and each batch is exclusively sourced from EU dairy farmers whose cows are free of hormones, steroids, and all of the other junk. So, if you have been struggling to hit your protein goals, which let's face it is everybody, Momen's grass-fed way is a super convenient way to get super convenient way to get extra protein into your diet. Lean muscle mass, muscle growth, supports recovery, post exercise, etc. But it's also NSF certified for sport, meaning that even Olympians can use it, and there is a 30-day money back guarantee. So, you can buy either or both of these, try them, and if you don't like it for any reason, you will get your money back. Plus, they ship internationally. Right now, you can get 35% off your first subscription and that 30-day money back guarantee by going to the link in the description below or heading to livemus.com/modernwisdom and using the code [modernwisdom](https://livemus.com/modernwisdom) a checkout. That's [l i v m o m n o.com/modernwisdom](https://livemus.com/modernwisdom) and [modernwisdom](https://livemus.com/modernwisdom) a checkout. I I guess are there any principles or have you learned when it comes to the masculinity thing, are there any principles that you refuse to compromise on? Let's define let's let's have fun trying to define masculinity here. I think we've rightfully so come out of the chasm that macho is masculinity. I think through certain perceived and not perceived and realistic overcompensations of say a me too movement that some men felt shamed to be masculine. Good men felt that way. I know for a fact and again I want to say to all the women out there this has nothing to do with being exclusive of the rise of uh the rights and power of women but in that over conversation there are a lot of men that I know who were looking for that definition that feel like I've been told what it's not and now I don't know what it is and [__] I just opened the door for her. [__] I'm done. Well, it certain and and and I bring that up and sometimes friends like, "Oh, that's frivolous." No, but it's it's part of it. It's one example of of like that's not what that's not what me too meant in the over conversation, especially when they said come one, come all and Azizeri got thrown up there with Harvey Weinstein is the same crime. You're going no that's not the same. Hang on a minute. Not the same. There are a lot of men trying to understand what that is. And like anybody, they're not going to go down, you know, anything to be corrected. Everyone overcompensates. You know what I mean? And but that there's men looking for a redefinition of what masculinity is. And there is a difference. There are some wonderful, beautiful differences between men and women, thankfully, biologically. um not always exclusive of each other, you know, not and but there's nothing that I see this cuz is is right up there at the top of what's one of the best thing for women all over the world is more good men and a masculine truly masculine man is not an oppressor. Truly masculine man is not macho. It's not chauvinist, but he's damn sure masculine. Most masculine I've ever felt after the birth of my first child. Never were my head, heart, and loins in such synchronicity. And the power

that I had was I mean it's probably the best husband ever at that time, too. Men want to be, and I don't know if this is biological because I'm not saying women don't, but men want to and are looking for ways to be relied upon. And so we say, "Yeah, but you always want to be the savior and you always want the solution." Okay, cool. There's nothing wrong with wanting to find the solution to things. Great. Let's work with that. Thank you women for saying glad you got the solution, but just listen to me for a second, Lauren, cuz I'm not looking for a solution. Actually, I just want to talk this out and I'll probably answer my own question. You know what I mean? Doesn't mean don't be the male side of you that wants to find the solution or wants to be relied upon. It's being redefined now. And uh there's a lot of uh I talked to him and a lot of young men and middle-aged men that are looking, you know, part of this role I got to play in this last film, The Lost Bus. It was not, you know, visible to me that I was also representing a large group of men who were middle-aged who woke up and looked around. I'm like, "Oh [___] this isn't where I thought I'd be. Oh [___] I haven't built anything." failed marriages, failed jobs. Some of them did it all right, too. A lot of them when things got tough, they snuck out the back door. Got the divorce, didn't go one step further, didn't show up, and that caught up with them. Uh, but that's also a large group of the demographic of men going like, "Well, what does masculinity mean? How and where can I be relied upon? That gives me dignity to be relied. That gives me significance. Call it what you want, but if you think that's true, and I do, there's nothing wrong with that. So, what is masculinity? You know, I'm not going to, you know, let's get past the what are some of your definitions of or understandings of what masculinity is? If we were going to say, "Men, here's something that you should expect of yourself and pursue as a biological male." Mhm. You know, it seems like a lot of the definitions converge on similar sorts of traits. Um, emotional composure tends to be one of them. Uh, competence tends to be another. um the ability to be decisive. Yeah. Is another of those. So, we're starting to build this sort of suite of traits, right, that it is. Uh but as soon as you start to try and alter the edge cases, so well I mean you know going to have somebody who's uh got emotional control or that uh even slightly at its extreme is a denial of emotions and no vulnerability, right? Sort of uh all the bad bits of stoicism with none of the good bits, right? Uh and then okay, you want uh sort of competence. Well, that very quickly sort of turns into uh single-minded progress at all costs regardless of what anybody else thinks. And uh decisiveness turns into being doineering and certain. Yes. Yeah. Yeah. I don't need to listen I don't need to listen to you. Um, so I think it is a a very delicate balance and I I I think it's a good point to say um me too was an important rebalance to men being able to use their positions of power to get access to women in ways that they shouldn't have done. Mhm. And the goal of me too was to sanitize the toxic elements of men's behavior, but instead it just sterilized all of them. It sterilized all of the elements of its behavior. I think it and I think it's when it became so many movements are are right on when it's a rifle, but as soon as they become general admission. Yeah. It becomes the shotgun spread and it's like, well, we got to Yeah. Come on. Yeah. I don't know. You telling the truth? Oh, it doesn't matter. Yeah. That's it. stops being the opportunity to uh rebalance something and it starts being an opportunity to grind an axe and continue to sort of put your foot on the neck of of somebody else. So I think um yeah you end up with this this strange situation especially around me too. This is a pattern I mentioned to you last time about uh type A people with type B problems and type B people with type A problems. And the theme of that is advice that's given on mass is uh sometimes right even for the majority but will be um absorbed asymmetrically. If you uh give everybody the same

supplements, some people will be hyperresponders and some people will not respond at all. And sometimes the hyperresponders are the people who didn't need it already, right? So an example when it comes to the me too thing is the men who really needed to heed don't be pushy are precisely the men that that message will not work on. And the men who are most likely to take it to heart, right, are the ones who probably needed a little bit more encouragement to go up to that girl in the bar. So if you're the type of guy who's who's a little bit more insular and a little bit more concerned and you didn't want to make her feel uncomfortable and you had approach anxiety and then like believe all women do not the toxic male gays you do not need to do the thing you're going to think oh I knew I knew all along that that was the case I must not I must not do this thing whereas if you're the sort of guy who was already being way too pushy unfortunately this advice is there are hyperresponders and those that aren't. And unfortunately, a lot of the time the people that are most likely to respond to bits of advice. And this is the same thing when it comes to men should be vulnerable. Men should show their emotions more. Out of the paniply, the full spectrum of men. Who do you think is most likely to take on board the message? Men should be more vulnerable. Men who are already already vulnerable. They've got a disposition to be more vulnerable. the guys that have got the denial of emotions, you know, boomer absent father [___] generational trauma passed down thing. They're not taking their own board. And uh it's just I I think it's a fascinating challenge that we face when you say the people who most need to hear a message are often the ones that are least likely to hear it. And when you scatter gun it across everyone, you can actually not reduce down the in the bad incidents you're trying to get rid of. Yeah. And further reduce down the good that you were hoping to hold on to. It's a solvent that works in reverse and it strips away the stuff that you were trying to keep, right? And doesn't get rid of the bad stuff you wanted to evacuate. So what can we all learn? What can men learn and what can women learn? In fact, okay, what do we learn from that heavy me too era where it was a toxic access that was you were getting away with it and all of a sudden? Uh-uh. And I agree, but not to emasculate the good men or not have the ones that maybe were not offenders, but boy, right? you know, a little bit more macho to have them not puff the chest out more and go, "Well, I'm going to double down on the macho to push that back." Cuz I I probably see it as a little more progressive of a of a of a time in the way that I agree the ones that maybe were shy trying to recede, we're now going, "Holy [___] I was right." But I also do think that it did Oh, for chopped down tree and reminded a lot that you go, you better back off. Better back down, boy. 100%. Yeah, 100%. It wasn't, that's not me saying it's all bad, obviously. Um, but it's uh thinking about the asymmetry of absorption uh when it comes to stuff like that. Uh yeah, I think one of the things that I would hope we've learned from that situation is, you know, the idea of Chesterton's fence. Yeah. Okay. So, uh GK Chesterton talks about um a liberal and a conservative come across a a fence post. Two two fence posts in the field here right in front of us. Is there a fence here? And I don't have a fence, but you can imagine there's a fence here. Yeah. Yeah. Two fence post with a little bit of like wire between them. And the liberal would say, "I see no reason for this fence. We should break it down." Conservative would say, "Hey, hey, hey, hold on a second. Someone put that there. Maybe it is there for a reason." and the tension between uh innovation, novelty, adventurousness, openness and uh respect for tradition, stasis, status quo. Uh on the other side, this is the perennial push and pull. How much should we throw out these old traditions and how much should we and I think we learned a lesson to maybe temper the throttle a little bit to just sort of

feather it as opposed to um whitewashing. And I you made a great point which is women want eligible men. And this is why a zero sum view of empathy. Uh that if you give a degree of empathy toward the plights of men despite the fact that for most of human history they had some benefits that women didn't apart from like the war and the death and the homelessness and the drug addiction and the you know so on and so forth. Um, if you say we can't give empathy to these people because it'll take away empathy, which is not how empathy works. No, it's not exclusive of the other, that's that's it's not zero sum. It's not a limited resource that we have. Um if you say uh boohoo poor patriarchy sad complaining in the same breath uh men do not deserve sympathy. They've had it good for so long. We don't need to raise them up. And in the next sentence saying where are all of the good men at? Yeah. is mating logic. Sepuku. Yeah. Right. Uh and yeah, I just I get the sense if any group has an issue, almost any group in society, we spend billions of money in taxpayer funded dollars to set up surveys and initiatives. We don't tell them to pull themselves up by their bootstraps. If men have a problem, it is treated in a very, very unique way. anybody else on the planet has a problem, we say, "What can we do to fix society?" But if men have a problem, we say, "What is it men are doing where they don't fix themselves?" And this is just a price that we need to pay. As guys, it's a price we need to pay. I've kind of given up on fighting against it. But I certainly think after the last few years, maybe we can dust settle here. Okay, we've exercised that demon. Let's [___] start a new, right? Yeah. I'm with you. You know, I I one of the things I was questioning a lot of my friends of mine and some many of them females that were around the leadership from the Me Too movement was when are you going to start inviting good men, you know, to these gatherings? Well, come on. That's it's not you're not it's not a at the end it's not a battle of the sexes. It's in a behavior that you're getting saying, "Hey, no more of that." That the male was doing great. Now that that's understood, there's a lot of men that agree. I I I remember, you know, it was like a lot of people in my industry, men I knew were like would tweet out when it first happened after the wine seed stuff, well, I just want to go on record and let you know I don't I I don't believe in Rick either. And I was like, what are you doing, dude? You're kind of setting it up like was that questionable before? And then it was if you didn't write that or something like that. It was like was the the black square of me. I was never Yeah. The black square of me too. Yeah. Yeah. Yeah. I was never I was I I I wasn't on the fence about it before, you know. Um and that, you know, that that was not was was more than different than just funny, but I remember that being an odd reaction. Um yeah. So yeah, I hope the dust settles and I believe it is settling now because I know um uh that uh a lot of people and women included that are friends of mine that were a large part of the me too movement would I think in some part agree with what we're saying going we don't want to we're not talking about cancelling men. You know what I That's not that was cancelling masculinity and that would be not a good thing to do for men or women. Correct. It's creating the exact earth of eligible male partners that they say that they're looking for. Yeah. Uh you've got this great line where you say so many people are obsessed with how to live longer instead of how to live better. Yeah. How do you come to think about that? Quantity success without the profit. Oh, how much more can I get? It's I I'm I'm I'm for it. The longevity, I'm I'm for it. But in in the pursuit of it, are we measuring quality of life on along the way? Some people aren't. And I I personally don't want to have the highest number, but then go that wasn't any fun or I didn't enjoy that or I didn't that sucked. I'm just trying to remind everyone that just like in business when I say success without the profit, we have plenty of people that succeed. If you got the

most money, the most toys, you succeed. And we talked about those people earlier that have at the end of the day have problems in with relationships or they can't sleep or they can't get the dick up, whatever. They didn't profit. They're not profiting with their success. Profit measures quality with the quantity. So I'm saying real success is when you have profit. Well, really great longevity would be for those quality years, quality time left in this life. Um, I also say that because while I'm not looking forward to it, I'm not really afraid of death or dying. Not looking forward to it. Shaking my boots if I'm face to face with that great white, you know what I mean? I'm not looking forward to it. But I see it as a obviously it's inevitable and obviously I I personally see it as a hopefully a comma, you know, not a period. So the number the higher number I don't know just I think we got just watch being obsessed with that at the expense of quality of life. Is it the trade-off or do the two work in tandem is what the trade-off obsessed with how to live longer than how to live better. Do do you think it detracts? No, I don't think it I don't think it necessarily detracts, but it can. I do think inevitably you might be if you're so obsessed with the projection length that you're going to miss a couple of really really worthwhile parties now where you may learn something have a the great love of life take a certain risk that oh you may not make it out of that but we're going to do it anyway. Um and I'm all for projection. It's a lot of what my g my it's a lot of my jam. How far can we project in the future? Boy, the further we can project the further I think we can see in the past. The more we have the ability to invest in ourselves today to get that more ROI tomorrow. I just think an obsession with the number can sometimes get in the way of seeing more of an obsession with the quality and the meaning of what what we're doing right here. What's now and tomorrow? Is there something you do to remind yourself to inject more fun into your life? Uh, I mean, I've got some simple tricks, you know, if I'm not sure how to respond, try to make the default to motion, humor. Mhm. And I'm a big fan big fan of of of humor. And I wish we had more of it. Um, and I think it's how we're going to get through a lot of these things that we have. Um, is we're going to have to all giggle at a few things and go, "Yeah." And also at ourselves to be able to I'm still learning and getting better. I try not to giggle at myself when I bogey. You know what I mean? Just go, "Yep." And and and to not be afraid of that failure, to be able to fess up and go, "Yep, that was me." Oh, good gez, that didn't work. Um laughter. I think we we we we it's taken as being discompassionate sometimes or it's being insensitive and flippant. Yeah. like you're making you're making the crisis benign. You're not giving the crisis credit. No, I'm giving the crisis credit, but I'm saying the crisis has happened and now we got to deal with getting through this son of a [__] So, it's going to be tough. So, let can we giggle our way through untying this knot? I'm not patronizing the crisis at all. I just want to go ahead and have a you know it's why you know uh um um uh the greatest comedians you know Chappelle he says stuff while the wounds people go you can't say that now the wound wound's too fresh it's why he's so smart and why he's so funny because he says it beforehand and calls it out Jimmy Car's got a bit about that where I think he says uh saying that there is a topic too sensitive to joke about is like saying there is a disease too serious to Okay. Okay. I like that. Wow. Yeah. You know. Yeah. What uh uh uh and humor as well with a is as a learning and a teaching tool and and and and a and a true humility with our own selves of what we can learn and how we can learn what we know and in written what we don't know. Um, and it's a uh it's it's a great way to not convert. It's a great way to help someone understand. It makes it it's why I'm rhyming in here. It's why some of these are diddies. It's why I'm saying let's sell Sunday morning like a Saturday night. Let's let's let's let's have a beer on the way to the temple. You know what I

mean? It's it's more digestible. We can dance to it. And the broccoli actually does more than taste like candy. It is the candy. What's that? Uh, you got a poem called Life and Candy Crush. Is there a parallel between the two? I love that game. I love Candy Crush, guys. I said it. Yeah. You're out there. Send me some free lives or some a whole bunch of those prizes in there. Yeah. I I my kids always bust me for playing Candy Crush. I'm like, "This is a great game." And let me tell you why. So, I decided to put in there what I've shared with my children, what I've noticed. You've learned from the great game of Candy Crush. I've learned from the great game of Candy Crush. Yeah, that's funny. Um, I'm interested in where confidence comes from as far as you're concerned. Yeah. Well, it definitely comes from belief, not hope. It comes from pulling something off. Comes from, oh, I I I I think I got an ability to do that. Let me work on that. Let me prepare to do that. Oh, [__] I'm not sure. Bam. I'm in the game. Action, cut, life or movie. Ah, I did it. I felt it, too. I know I did it. And you, who were the observer go, you did it. I got confidence. I personally felt it and it translated. Subjectively, I felt it. And objectively, you went, "Yep." Confidence. I make a big plan. I write something out. A plan for the day, the week, an event, a circumstance, a scene. I write out all this stuff, what my incentive or what I want to do, what I hope comes from this. And I shut that and a year later I do that scene or I'm at that event and someone comes up afterwards and goes, "You know what that was, man? That was" And I'm like, "Yeah, that's exactly what I wrote a year ago." Yeah. It's what I wanted to do. Pulled it off without saying one of those words. That's what you got from it? Yes. confidence, identity, testing it out and it can work. Confidence to go, I'm going to try and pull this off. Maybe get away with it, maybe it won't work. Pulling things off, translating without saying the word or without manipulation. feeling when I in something that we have and I have an innate ability for something that I believe I have the innate ability and I learn to the reason behind that instinct and how to how to where's the right time timing. Oh, and it'll work I think right here. Who's the audience I'm talking to? Oh yeah, I'm going to make a plan for that sale if it's all sales for that transaction or whatever. And bam, it hits and it lands like I wanted it to. Dogs damn it. Was that deja vu? It happened. That's how I saw it. That I get confidence from that. Um, I've still working on and and and you know now I think even more in this I'm not going to say second half whatever the 50s humility while still maintaining confidence. I had a really tough relationship with humility, the definition, until I heard um I think it was Jordan Peterson's definition. Humility is admitting we have more to learn and I was like, "Oh, whoa. I'm in. I can get on board with that. Let me sign up." Because before that, humility to be humbled, to be humiliated. My shoulders would sink. I would be small passive and wouldn't speak up or there's the opportunity and I miss it and I was like man I don't think that's what it means but I don't know how to get around it. It funny how we need the definition of words to change a little bit like that some and that could be just a that can be a 180. You know what I heard the other day? I heard a fantastic new definition of vulnerability. What was it? said, "Vulnerability is saying your truth in spite of the consequences, especially when they're scary." Oh, see, that sounds fun. Get on board with that. That sounds fun. That's a That That's a different kind of surrender. Yeah. Say what's true in spite of the consequences. In spite of the consequences. Especially when it's scary. I'll be damned. Especially when it's scary. Yeah. Especially when it's scary. Ah, I like that. It's got offense to it. Yeah. Yeah. Yeah. I feel like I'm on the front foot. Yeah. Mhm. I feel like it's something that's noble. Yeah. Right. And it's the same with this rework or perhaps the original work of humility. Yeah. Brilliant. I can I can step forward into this. Not stepping back away from it. And I think

specifically uh with men, I think uh it's a a perhaps a a very smart way to do a super secret squirrel technique, you know, Jedi mind trick to go, so this is not a step back. It's actually ically Brazilian jiu-jitsu this thing into you're going forward now. Um but yeah, I I I think and and and and dare I say women out there, did you hear that? Manipulate us to feel that way. Oh yeah, go for it. Manipulated all day into that and call us childish for wanting and needing that. Play it, man. We'll we'll take it. These are the these are the cheat codes. Let Let us lay them out in front of you. Yeah. You know, one of the best uh best bits of advice that I heard this sort of reframe that's similar to that. Um this guy was talking about he was in a relationship with a lady and he had to be clean shaven through the week and would leave his facial hair to grow over the weekend. By Sunday evening, you know, he's got enough stubble to really scratch. And his exartner would say, "I just hate on a Sunday where your face is scratching me in my mouth. I'm I'm so red and and and raw and it's so annoying. And uh needless to say, that relationship didn't work. And then he moved into another relationship and this new partner had the exact same preference, but said to him, "Honey, I find it so sexy when you're clean shaven. I think that's just the hottest thing in the world. Incentives. Incentives. Follow the incentives." Oh, just lay out that little breadcrumb in front of us. We will chase that carrot, man. It's it's it's we're lead pipe cent. It's so easy. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Um without complacency, trust that time is on your side. What do you mean that? Yeah, man. Don't get ahead behind it. I can get in a rush and I haven't found Look and I know how to hustle and let's go. The clock's ticking. We're all behind. All hands on deck. We got to bust ass. No time for pause. There's no sleep, no nothing. Get the caffeine out. Let's go. Mhm. Sometimes we got to do that, but that is usually because an unforeseen circumstance has happened that there's a crisis we got to deal with or we've uh procrastinated and I put myself in that position where I got we got to cram. Mhm. But it's not those two circumstances. We got to watch oursel getting ahead of time and it's on your side. It's a little what I mean about the living longer and living more quality. Time's on our side and we're forced to think and feel especially today with how fast things move that more productivity, faster pace, more information, faster pace, it's better. We're we're ahead of we're ahead of of time a lot and but time's still moving at the same speed and they're not given more than 24 hours a day. Even though me, like a lot of people are looking for more. There just not there's not there not any more unless you just want to change your workday and some people do. me, I need my 9 and a half hours sleep. If I want to say I'm getting four hours sleep and get five and a half miles more of a workday to be more productive, I would. But not to making that trade-off. It's on our side. And when we're feeling like we're dancing with time, I know I'm usually getting as much or I'm getting more done at the same pace than if I'm It's the John Wooden, a great basketball coach for UCLA. Be quick, but don't be in a hurry. That was his note to the his basketball players like be quick but don't be in a hurry. You will miss things. Um you know it's it's it's it's it's the Lego set, man. And you sit there and you get in a rush. You don't read the directions. You get to the end and you've got 12 pieces left and you're like [__] Because you got in a hurry. You got ahead of time instead of just that feeling of I've checked out what I need to do and it's all adding up and this thing's built right and the foundation right and boom, there's the last piece. It fits. Voila. Was with time. time's on our side. It's not an enemy. The end, death is not the enemy. I do believe that part of, you know, not in a rush to get there and we can stave it. We want to stave it off sometimes and that it can be a screaming fight and partially denial can help us get there. I understand that. But still, it's on our side. It's going to happen. And since it's going to

happen and there's that's non-negotiable, might as well go Well, I'm not going to rush to try and make more of it than there is. I want to try and spend the time I got as well as I can produce, succeed, achieve, whatever those things are, but also at a pace that I'm me that I that I that I like I like the dance to. I I like the give and the take. I like the reverb. I like the the the the cause and effect of how things are happening at this pace. How are we orienting ourselves now since time is speeding up so much faster with AI? I want to ask you this with AI and I mean this this is an objective question with AI with all these podcasts with all these wealth of information that people can get at all times and no one's listening to music anymore. They're listening to everybody talk about this and reading up in this and they're finding out the answers and in 10 seconds that would have taken them 10 days to get before. Do people sound smarter to you? No, me neither. It'll sound dumber. I do think so. We're talking about sign. If everything's significant, nothing's significant at all. I do think that I I I talked to people that feel like they're hyperly punching their information. Absolutely [__] great. Just splashing out, but I'm going walk, dude. What What was the theme there? Did you have a bass guitar in your band? You need a bass guitar or at least somebody on percussion hold it down because I didn't hear the theme. I didn't hear the thread. It was digits. Where was the soul in that story? Which goes back to the quality with the quantity, the quantity of information. But can we have the soul in it to where ah I hear the rhyme. Ah, there's rhyme to that those digits. There's rhyme to those facts. Oh, I see how they add up. Oh, but what if you put them in this order? Ah, they add up to another thing. Or actually, they may add up to the same damn thing. Interesting. Now I've got a rhyme. Now there's a song. That happens when time's on your side and you're looking at it. And I still offer I open that up without complacency. Like start now. That doesn't mean time's on my side. Yeah, dude. Inchah. When it happens, it'll happen. No. Like, wake up. Clock's ticking. It's on your side now. Just move with it. Dance with it. Put some soul with the the facts. Matthew McConnA. Ladies and gentlemen, dude, you're great. You're so fantastic. Super fun talking to you. Do it for hours. Did we just do that for an hour or so? Uh, two in a bit. Did we really? Yeah. Again, it flies. It flies when you're having fun. Uh, new book, Points of Prayers. That's it. Some belief, not just belief in God, but think it's in short supply. And I think more of us need it. And if we don't have more of it, doubt's going to win. If doubt wins, we're all going to lose. And uh, we got stuff out there to believe in. I think people are looking for it. I know I am. And uh uh I think it's a something we need. I know something I need. And then I'm enjoying talking about it. I'm kind of saying this is sort of therapeutic, spiritual therapy for me cuz I'm getting to talk about it. I'm getting to talk with smart people about it. I'm getting questioned about it. I'm getting to repeat some of it. So it's even becoming mantric for me. Um and then I'm going to go put a lot of this to music when I hit the road. Got some great musicians coming out to join me on stage and they're playing scores behind some of my reads. It's going to be fun. Unreal. Yeah. thousand episodes. Thank you for joining me. It's a really special one. You're welcome. My pleasure. So, you're a Astrian connoisseur. Yeah. So, the originals, this is the first time that I know of that that they partnered. I think it was somebody based out of San Francisco and they said, "Hey, let's modernize it up just a hair." So, these were new. This was a new design. Um just a little waiter. This is the one original one I had. I called it the canoe. And that's the one that I managed on the road for about 3 years. When I think it was early 2000s, okay, it was me and my dog just traveling around. And if you and I are meeting a director or someone to work to meet, I'd be like, "What? Next Tuesday? Let me see. Man, I'm heading Albuquerque. I'm kind of moving this

direction, too. flying to Albuquerque airport. I'll pick you up at 9:00 in the morning. And then how about if I'm driving that direction, I'll drop you off in Lincoln, Nebraska. How about, you know, 6:00 that night, you get the 6:00 out of Lincoln. We'd have our meeting on the road while I was pulling the Airstream. And every one of those meetings was a great meeting. It was like, yeah. And everybody was like, some people stayed the night and all my meetings. That's when we had a Blackberry, not not the phones you have now, but I was all over North America in this. And I took this out, built my own table in Louisiana with a carpenter. I got given a paddle. The reason it's called a canoe is I had this I stayed with the Indian Squamish Nation Indian Reservation in Vancouver working on a film too for the money. And on that reservation there was a paparazzi that had moved in and he was like, you know, hiding behind trees on in the in the trailer park. And it's the Squamish Nation in your reservation is their private property. The chief's name, no [___] was Mike Hunt. Chief Mike Hunt went to and his brothers went to this guy and said, "You are not welcome here." He's like, "It's free contract. Stay away." Goes, "No, no, no. If you're disturbing someone in our tribe or making them any way uncomfortable, you're out." They kicked him out. The guy got the boot for just taking pictures. And I would they would catch I had ribe eyes, right? And they would catch their co- salmon in shopping carts down the river, set up the rocks where it would funnel the salmon into the shopping cart. They'd come up with the fresh salmon and I would trade them cooked ribe eyes for their salmon. It was our barter. And he gave me the paddle when I left. He said, "In our nation, as we travel the rivers, the ore is the the compass, the rudder for our canoe, and as you travel the rivers, highway rivers of North America, may this keep you in your powerful." Yeah, that's sick. Uh, well, you might not have noticed, but there's uh balloons because this is episode 1,000 today. Oh, all right. You are episode 1,000 on this show. Come on. Yeah. All right. Yeah, look at that. I know. But let's get going. Let's get started. Love it. Yeah, man. Thank you very much for tuning in. Usually I have something to sell you uh typically another episode uh at the end of episodes. Uh but that is 1,000 episodes of Modern Wisdom, the end of the first millennium. And uh getting to do it again with Matthew here on this video wall thing is uh really cool and beautiful and it's very meaningful to me. And doing a thousand episodes of anything, doing a thousand of anything at all is a pretty big ask. Um if it wasn't for the fact that they were all numbered and I'd recorded them, I would have imagined that it was closer to 300 or 400. So I've just compressed down time over the last 7 and a half years. Uh, but I want to say thank you very much for uh following me, for supporting the show. Uh, obviously this has been a labor of love. So, as much as I whine and complain um about how tired I am, uh I wouldn't change it for anything else. I don't want to do anything at 2:23 p.m. on a Thursday in the middle of Texas, then sit down and have this conversation. So, thank you for joining me and uh here's to another thousand. All right. See you next time.

