

hi guys Adam Lane Smith here the attachment specialist today I'm joined by a very special friend I talk about

0:06

attachment all the time I want to show you attachment as it looks like in my life and also show you some attachment

0:14

behind the scenes there's a very important topic today that we need to hit you guys have heard me talk about

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attachment for many many years right and you've asked me a lot of questions very specific questions about religious

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beliefs I've shied away from that a little bit because I don't want to hurt anyone's feelings push anyone off but

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there's a very careful approach that we can take to discussing the real science

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behind religious beliefs and the way that it ties into attachment Theory we as humans are either designed or evolved

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whatever you want to say to operate with certain biochemicals in our brains that connect us to each other it also makes

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us seek other relationships way outside of ourselves sometimes up into the Divine realm sometimes into things that

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some people may not believe in While others give all of their heart and soul into believing today I brought on my

1:01

friend Andre korov who is a very dear friend he's also CEO of veritas Creative

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Media a digital media agency that also produces a tremendous wealth of social

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media content it backs social media creators and he has excellent attachment with his clients of which I am one so

1:18

Andre thank you for joining me you've been on this channel about a year ago I got a million comments from our female

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listeners and female viewers who thought that you were just absolutely the most gorgeous man to walk the earth and that

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is fine I often introduce you as my handsomest friend but it is very very good to welcome you back to this show

1:36

well thank you Adam I'm Charmed we clearly need to get better looking guys onto your channel it's your hair I think it's your

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hair has it gotten better or worse over the years because I oh no better better you take very good care of it I can tell

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that it's wonderful you are very you're very securely attached with your hair which is wonderful I like a poll down in

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the comments please thumbs up thumbs down let's see let's see what the audience thinks on this right how

2:01

fabulous is Andre's hair today one to 10 drop that in the comments so Andre you and I what a major reason that I had you

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on this show two things actually uh one is you know my podcast the I wish you new podcast I mean you you are also the

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producer of the I wish you new podcast and you're going to be joining me now for season two as my co-host I am so

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thrilled for our conversations that we're going to have as we dissect Human Relationships as we just rip apart the

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dating scene you have a whole fresh perspective that I can't wait to hear but you and I have also talked at Great

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length about human relationships about societal structures about religious

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beliefs and and it and religious the place of religious Faith within Society

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is it worth it is it not worth it is it foolish is it magnificent you and I have debated quite a bit over the last few

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years for that so I am eager to dive in here what is the number one thing that

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you have pulled from our conversations about attachment over the last couple years that's a very small question to us

3:00

let me address it briefly over the next

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hour attachment is a foundational element of

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human psyche so from our experience with digital media from our experience and working together and building your brand

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what we have noticed is that if you do not have good attachment you actually cannot exist properly in the world in

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your relationships but also in the way that you impact the world so when we dissected that in our conversations with

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um some aspects of religious uh religious topics but also aspects of parenting aspects of responsibility and

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aspects of management what did we mention we said that attachment is the way through which you can enact

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responsibility and receive love back that was a core subject of our conversations um many people don't know

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attachment right now and as a result they don't really know how to integrate with the things that are happening

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around them with the people that are happening around them to me this significance of attachment is exactly that it is the ability to act on the

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world based on its rules through which we were created I believe and other people may say you know programmed

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through evolutionary development but more so it's also the way in which we can receive the benefit of the world and

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that is the ability to collect love um if we look at the examples of many many

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people who have been very successful and very wealthy very few of them actually have been happy because to them the

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connection between success and the ability to influence the world and receiving that feedback is broken so as

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we work through creators as we work even with uh our creators such as yourself um

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we notice that people who have broken attachment cannot convince people online cannot convince people in any form of an

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audience cannot actually portray the message so what what I brought back from our many years of conversations around

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attachment and why I think this is so important is that it is actually the ability to have a relationship not just

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with the people in your life but also yourself your the world and you know if we want to actually go down that path

5:04

and I would love to go down that path uh God right the concept of God maybe not necessarily in a particular denomination

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right you and I we have different denominations you of course mine is correct and you know you're lovely

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mistaken and I respect that um but um that ability to have a

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higher purpose and that what that higher purpose does is also an extension of

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attachment now that was a conversation that you and I had in our first coaching session so you came in hard and I

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actually really like that because I had no time for anybody's at that point and I really like that part but

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there was something that was very abrasive about the conversation about attachment for me and linking it to the idea of divinity linking to the idea of

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the fact that this is a natural part of the world that actually transcends into the Divine realm which many people want

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to straight into what it is exactly that made you come and tell me in our first

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session that there is a connection between finding that kind of Eternal purpose and relig and religious belief

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and attachment I remember you asking me very upfront when I did my full assessment on

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you it's like a hundred questions I remember you just your eyes were glazing over at one point we got great data and

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I remember asking you do you do you have any religious faith and you very specifically said you know that's an

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area that I hadn't looked at much before but it's something I'd like to explore and talk about at some point and I said

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okay I'll be the one to do that with you if you like so I did I came in very hard on that and very hard on a number of

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other places I still remember uh still remember some of our fantastic conversations uh just about drew blood

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with some of those questions but they were they were helpful I think in growing as far as religion why did I

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come in and bring that peace there's two aspects that we can look at here one is

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if we grant that humans are created on purpose through intell ENT design if we

7:00

grant that then we look at the way that we are structured uniquely so that we

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have all the various biochemicals that make us Bond right we have oxytocin for example I was reading a great paper from

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Dr Sue Carter the other day the oxytocin Vasa Press B Pathways in love and fear

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fantastic document I recommend people check out her work she's one of the leading experts in the world on Vasa presson I've talked with her before

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she's fantastic and very intelligent her work illustrates could you

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actually because I actually would like to would like to read it and also have the audience members read it because I think it's so important to stay on top

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this is a science attachment is a science and I really want to use that this conversation to highlight that it

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is not a concept that's not Prov so please check out the link it's it's

7:48

fundamentally I I had a I had a neurosurgeon that I worked with the other day that was asking me okay can you show me a science papers I sent him

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this paper from Dr Sue Carter and I said this is a fantastic paper I recommend you read it he actually got in touch with her as well so these are verifi

8:02

verifiably proven facts that doctors at higher levels are speaking about and that I'm coaching people on so it's it's

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a wonderful conversation to be able to have but in her in her papers she discusses oxytocin as this sort of

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mechanism that clicks on or off if you're receiving oxytocin to tell you if you are safe or not it's a sort of Lone

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Wolf mechanism that kicks on and when we feel loved when we feel bonded when we

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feel connected sometimes in childhood sometimes in adulthood if we didn't feel it in childhood when we feel that

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everything in our brain and in our bodies works better we work best when we

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are connected to a network that loves us and cares for us now we can look at

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religious faith and ask okay what purpose what purpose does a deity serve

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in our biochemistry now deities are supposed to be consistent they're supposed to be trustworthy and some

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aspect at least the religions that survive today into the modern world they are supposed to provide guidance in how

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to act they are also supposed to provide a framework for our Behavior what is acceptable and not behavior and not

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acceptable to maintain an ongoing what one could call secure relationship if

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you want secure attachment with this deity here is the prescribed plan and behavior pattern you must follow and if

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you do this you will receive care and protection from this deity to some aspect now whether we are intelligently

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designed to head in that direction or whether we were evolved to head in that direction because it served a purpose to

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Keep Us Alive safety and numbers and now we actively pursue those deities anyway

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whether they're real or not it doesn't matter it doesn't matter whether religious faith is true or not our

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biology demands religious Faith because of the way we are structured so how are

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we going to reconcile this this is a conversation we've had and I'd like to have it again but how we're going to reconcile this we have a deity that is

10:02

created us following your theory and uh that deity has created us with a

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particular mechanism for understanding and feeling love but the only way to unlock that is to follow the deity's

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rules how is that not an oppressive system why is that healthy well let's take uh for example

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let's take the Christian denomination of the Catholic Church the Roman Catholic Church it's about Catholic .2 billion

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what are you again I myself I am a Roman Catholic so I know this one inside and out um I'm a recent convert I'm 38 years

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old I converted about about the age of 33 I converted to Roman Catholicism so there you go who's been wondering at

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home people have been asking me in the comment sections for about two and a half years Roman Catholic for about five six years now but okay what are we

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before that what was I before that I I took a Wandering spiritual path

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throughout the course of my life I grew up in California so I will leave it to everybody's imagination about what sort

11:04

of nonsense I might have got into throughout the course of my life uh good and bad nonsense but uh settled at the

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age of 33 on Roman Catholicism it was the answer for me why the Roman I mean

11:16

your head guy has such a funny hat why did you a fantastic hat you know in our faith the bigger your hat is the more

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powerful that you become so he's able to actually shoot lightning beams from his head from his eyes because of that hat

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most people don't realize that super yeah we we have about 1.2 billion

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members so let's just take that as an example of a large a large religious Faith let's take that so within the

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Catholic structure we have the The Ten Commandments everything's based off of that right but it's not the Ten

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Commandments as an exact you must do the letter of the law it's the spirit of the law and the

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church has spent the last 2,000 years looking at those 10 commandments 11 if you want to argue after Christ was

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resurrected gave an 11th commandment if you want to look at those 11 Commandments and then take the spirit of

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them and say what does this mean why would we be called to do things like honor our mother and father why would we

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be called not to murder each other but then the spirit of that not to hate each other why would we be called not to envy

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each other not to lie to each other when you look at those 11 Commandments what they're really based on is our biology

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we don't do well when we or somebody else in our system is doing any not is

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Viola any of those 11 things we don't do well in fact we have a specific name for people that violate rules and actively

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go against the people who are around them antisocial personality disorder we also call them sociopaths so if you

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consistently violate the basic spiritual structure of those 11 Commandments

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over and over and over it's more likely that you're going to lead more create more and more damage in your life and

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the lives of others so one could argue since God doesn't zap you with a

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lightning bolt the moment you violate any of those 11 Commandments since he doesn't just instantly zap you the

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punishment itself is baked into your violating those Commandments there doesn't need to be a lightning bolt

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because you will experience a kind of suffering that will bring about greater wisdom of why those 11 Commandments are

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so crucial that's why I don't believe it's oppressive to believe in those 11 Commandments because they create and

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Foster such an enriched and fulfilling life for the people that follow them a good relationship is always based

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on freedom choice you and I have gate checks and checkpoints in many of our

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relationships personal and business where we ask each other for permission and we work with each other to build

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that together I can assure you that there was no point at which God has

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asked me for permission to make me this way personally I have no problem with

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that but I can see that a lot of people do and I myself am a recent convert and I have spent most of my life as an

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agnostic and agnostics are interesting because agnostics uh do not have a direct denial as atheists do although I

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really consider that standpoint as well that really never really felt right for me but like agnosticism was that middle

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ground you know where it's neither hot nor warm you know for referring to religious teachings um and then there

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was that big swing for me once I started seeking the purpose of love and the purpose of love was the converting point

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for me however that was a big sticking point that you and I have discussed and I said did not ask to be made that

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way why was it that you have left me no choice to feel the abundance of True

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Love Without uh why have you not given me the choice to feel abundance of true

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true love without having to have the freedom to decide whether or not I want to follow these Commandments you give me

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especially with the first commandment what is the first commandment

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Adam have no other gods before me right so you gave me no choice you gave me the

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mechanism you've created me this way and now you're forcing me to love you in order to experience love back how is

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that good attachment this is a very common problem and a very common question I'd love to hear not the

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religious adam I respect your religious beliefs but I'm going to cast them aside for the purpose of this conversation and

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say how does science Adam you know you are a scientist you've gone through crazy amount of Masters you have a crazy

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amount of experience so so you must have some scientific and practical basis in

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which you can say this is right and good because without using a single religious

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term so I'd like to challenge you on that and see what you do I hear you I hear you you know very few people realize I have four college degrees and

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I've spent 15 years training under Masters in the field I've I've gathered

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so much experience working with so many individuals I it might be shocking but I very rarely work with Christians much at

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all I work with a lot lot of atheists a lot of agnostic people people from every Faith around the entire world and I love

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that I love that challenge and I love that experience because science science is universal SP science speaks

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observable truth science can measure we need measurable terms not flimsy terms

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like feelings and faith and things like this we need to see we need to measure and observe right so if it's true if the

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religious faith is true science is what I think will bear it out so let's talk about a little bit right right the idea

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that God did not give me the opportunity to consent to my creation consent to

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this system it mirrors very very often the the arguments happening today with

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teenagers saying I didn't ask to be born my parents are forcing things upon me they're pushing me out of the house

16:46

they're making me grow up they're making me get a job I never asked to be born this was your decision this whole

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operation was your idea now you have to take care of me right it is and and

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it is a to be honest it is a reasonable argument I had no consent therefore why

17:04

should I have to do X and I love this argument I love it

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because it's supposed to lead us back to secure attachment it is supposed to lead us back to a place of actual love if if

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for example we accept that the the abrahamic deity of is one of love then

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we have to ask where is their love in being tasked with something that you didn't consent to

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at some point each of us is required to live our parents chose to bring us to life we didn't get a choice what we can

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do is make the best of that the concept with religious Faith with any religious faith when you have a religious deity

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that has that's a Creator deity any religion with a Creator deity there is some sort of plan some sort of concept

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that something itself is being created that this is not the end State a lot of people that I work with they make the

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the unfortunate erroneous assumption that this this is an end state that you living as you are is an end State plenty

18:04

of my my wonderful wonderful Islamic clients come in and they feel that this is their end State this suffering that

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they're struggling with is an end State and I ask them well what does what does your religious Faith tell you is this an

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end State and they think about it and say well no this is a transitory state that we are going through it's some sort

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of almost like a chrysalis like a growth period there's something Beyond this and this serves a purpose now when we come

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to a religious deity there there's several components of Faith one is the

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belief that that deity is consistent and this is where a lot of smaller religions throughout the Millennia have dropped

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off uh the Native Americans for example had a very large uh deity that they worshiped for a period of time somewhere

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if I remember right around the 1100s uh uh in the Common Era or or ad as people

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say uh they had a large relig a a large religious gathering up in North nor America it was along the Mississippi

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River and they diverted a large section of the Mississippi River which unfortunately during during a huge flooding period flooded and destroyed

19:07

that City and drove many of them out this is why a lot of them were wandering when when the Europeans came along is

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because their larger culture had been decimated and they lost faith in that larger religious structure because it

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was not consistent this is why we came in when they had animism and various Spirits they had returned back to that

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that period of animism instead of a structured religious faith more like we saw with the Mayans and the Aztecs and

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and the Incas down there when we encountered South America right so if a

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deity is not consistent then a deity serves no purpose and we reject that deity as false okay if a deity also does

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not provide

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meaning religion has meaning it is the Quest for meaning it is the purpose of

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meaning either we are looking for meaning because we need it or we are looking for meaning because there is

20:00

meaning one or the other is true and both actually lead to the same place most people cannot accept a meaningless

20:08

atheistic life which is why most people are not atheists and I'm not saying that if you're an atheist your life is meaningless but the idea that life is

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inherently not meaningful most people cannot live with that most people can't endure that what is a duty from a

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biochemical standpoint again talking from perspective from biochemical standpoint most people begin questioning

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meaning when they have serious attachment issues they don't feel loved and connected with others they have very

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low oxytocin at that point very low oxytocin which unfortunately generates very very little Gaba
gamma aminobacter

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acid in your brain Gaba is an inhibitory neurotransmitter that shuts down the expression of cortisol
it allows you to

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say I don't have to be scared or stressed because I am loved and cared for now it's also important to
know that

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people with attachment issues generally don't have vasopressin in their system very much or or
very little of it associated with other people vasopressin

21:01

is a hormone that bonds you to other people when you solve problems together this is this is true of
you and I facing

21:08

down persecution as a religious Faith together religious people gather an immense amount of
vasopress I'm

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currently the Catholics today is Ash Wednesday and we're going through lent and we are suffering
together on purpose

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to create enormous v present as a as a community and and with God as well it's

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the idea but Vasa present also formed when you our ancestors Andre 1.0 and

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Adam 1.0 were running around almost naked with loin cloths and sharp sticks trying to hunt deer
across the plains

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over somewhere over in North Europe probably because you and I are both very porcelain skin uh
our ancestors were

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hunting and surviving together and when they brought down food and fed their families and said you helped me hunt

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this I will stay with you forever we formed that biochemical that that hormone that vasopressin which which is

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why men have more receptors for that than women do because we have to survive to that level we have to have allies we can trust during life and death so

22:06

people unfortunately who are in despair low oxytocin low Gaba low vasopressin

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very low serotonin serotonin is the hormone uh the neurotransmitter released that allows for contentment fulfillment

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Joy when you eat a good fulfilling Rich meal on a holiday it's a lot of Serotonin that comes into your system uh

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they they are mostly reliant on dopamine people who are depressed and and miserable and in despair dopamine is

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everything and that's why they binge and binge and binge and they just try to distract from the pain of life now when

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we have healthier attachment when we build attachment what we do is we find meaning as humans through our

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relationships meaning is oxytocin and serotonin those two chemicals bring the

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element of I found meaning and purpose and fulfillment in this and then that

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tells us to continue doing that thing now that is usually enhancing survival

23:01

for our group enhancing quality of life for our group it is growing that group let me pause you there for a sec cool

23:08

how does religion help you build more oxytocin and serotonin then just regular

23:15

survival because I can tell you that I can be spending way more bonding time on

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my Sundays than by going to church for a few hours so why is that the best why is that the best mode of generating that

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what's fascinating about serotonin and oxytocin is that we cannot we don't just have to get it spending time with a

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person we can actually get it through prayer this is one of the main purposes of prayer meditation connection to a

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deity is you receive a flood if you feel loved and connected of oxytocin and also

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serotonin and also Gaba this is fascinating because when people sink into prayer during a difficult time they

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flood with oxytocin Gaba serotonin and their brain lights up in very specific specific regions of the brain that are

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connected with relationships connected with that fulfillment that meditation that growth there's a number of areas

24:05

that light up and you release those chemicals through that prayer it is very very similar we have found to diving

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deep into very immersive memories but that can be difficult for people during difficult times to sit there and say I

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am going to think about a very happy time when I had a fluffy pony and you can't really do that when you're

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struggling and sad and angry your brain is has a severe chemical cocktail

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running through it and you can really only access memories that are tagged with that memory cocktail you have to

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access thing if you're sad you access things that make you feel more sad if you're angry you access things that make

24:40

you feel more Angry our off our audience at home probably is familiar with this during arguments you only remember the

24:46

bad parts of a relationship with the person can't really sit there and say yeah but it's so wonderful if you're

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stirred up emotionally but what's funny is you can always access prayer you can always access a relationship with with

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the deity that you you worship you can always access that part of the brain and then sink into it and access these

25:04

chemicals that then alter your chemical State this is why sinking into prayer when you're angry or depressed or in

25:10

despair if you go into for example the classic example of many movies you're in despair you wander into a church you

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sink into a Pew and you you throw yourself into prayer and then you suddenly you start feeling better

25:23

Revelations are there you feel an experience you feel connection you feel the chemical cocktail that says I am

25:29

connected to someone or something that cares about me and then you start releasing serotonin and by the end of

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that experience you feel refreshed you feel as though you have spent time with your best friend we are biochemically

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designed to benefit greatly from prayer or prayerful meditation in a number of

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ways that very few other things can give us okay it's not like you know your stuff but now I want to ask you a bunch

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of practical questions because let's do it I love practical stuff you know you clearly have spent a lot of time

26:01

reflecting on this but you know you're a scientist you understand this stuff um you also worked in some pretty crazy

26:07

situations and this was one of the things that really caught my eye and our first conversation um you know we get on

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the phone then you can say go hey I'm Adam uh you know I do specifically marriage counseling you were helping me

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go go through a divorce at the time and um he said you know I do marriage counseling go okay cool what you know

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what what's your background tell me a little bit more about that and you went well you know I did my seven years of school and I did this and I did this and

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then you went into a whole section of your life where you were practicing some

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very deep and very impactful attachment uh specifically you've mentioned you worked in a lot of hospitals with very

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extreme cases you also worked with a lot of Prisons I know we don't don't typically touch on that on the channel give me the PG version please just the

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PG one sure sure I'll try to keep it as PG as possible so um some of my earliest

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work was done under the direct clinical supervision of experts in the field of

27:04

Corrections and extreme Correctional cases I worked with death penalty inmates uh I worked with gang dropouts I

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worked with members of of violent communities that had committed let just PG version uh many many killings many

27:18

many killings and what was fascinating was when I worked with them and we would talk about psychology we talk about

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attachment we we would even touch on religious faith we would talk about you know being a better father for the small

27:31

child who had just been born to into their life or being a better partner or being less of a murderer maybe killing

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fewer people my my goal back always goal prevent The Kills prevent killings right try to as much as you can to keep more

27:44

humans alive and one thing that was fascinating with them was we would reach a point where even the most Harden

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sociopaths if they worked with me long enough we would get them to a place where they would realize the pain that they had perhaps unknowingly without

27:59

meaning to without comprehending what they were doing inflicting this pain on other people and they would reach a

28:04

point where they would say this is who I am this is who I've been I am a monster

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there is no Pathway to forgiveness for me there is no Pathway to Redemption for me I this is how I am defined uh I

28:19

remember one person that uh my clinical supervisor worked with who had committed multiple killings and then read a

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newspaper article about himself that said he is he was a monster they used the word monster and he dragged

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that article into my clinical supervisor and said they called me a monster and I'll never forget she said she she

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really shaped my my supervisor shaped much of my honest approach to my clients and she said well you kind of are he

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said what you're my therapist you're supposed to be nice to me and she said well no think about it from from the

28:53

perspective of the people who wrote this article and from the perspective of the average person you are what they would

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consider a monster you are somebody who has prayed upon other people you're somebody who does not have any even

29:04

cloth to the moral code that they do and they don't understand why you do what you do but then she went on and told him

29:10

you have the decision in front of you every single day to be a different person you don't have to be the person

29:17

you have been so who do you want to be next and this is the vehicle this is this is really the the vehicle that

29:23

religion is to us is a Redemptive piece of a a a a an additional piece to our

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story a turning point in our story how can I change who I am is there

29:36

forgiveness for me is there a pathway as the Christians would say is there a pathway of Grace for me can I transform

29:42

into something that I have not been and that is an element that religion also brings to us because if there is a deity

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if there's a supernatural element if there's you know whatever whatever figure you are following do they have

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the power to help you transform and and take that next step so concise summary

30:01

if a person can transform their life through believing that a deity loves them and get the full chemical cocktail

30:07

of being loved and become resilient against stress and have a better social connection with other people and then

30:12

improve the lives of those around them if they can do all of that through religious Faith does it really matter if

30:18

that religious faith is true or not well how can it matter because as long as it works who cares right the way that I

30:24

look at it is religion is a way to teach you about love right the way that I look

30:30

at is that religions is a religion is a way to help you experience it internally before you can project it externally and

30:36

then by doing that you can practice it is a skill you need to practice now the problem is that it's a chicken and egg

30:42

problem right if you do not have somebody you can practice with who can give you that caring and supporting

30:47

State uh hopefully as as a kid then you're not going to get that as an adult because you're going to have to earn

30:53

that love and you have to be in sufficient uh with have sufficient skills to be able to support that love

30:59

so if you have no one to learn that with you have no choice but to go internal um

31:04

so my question back to you on that is this is really is this really the only way to learn like is there nothing in

31:10

science that I can go to and say this is the methodology that does not involve any type of God or religion where I can

31:16

learn how to love which will help me experience the same thing like you did the studying I did not so where else can

31:22

I find this information I had a fascinating conversation with a Creator over a nice

31:29

steak dinner not that long ago talking about exactly this and I said look what

31:34

basis do you have for your moral your moral findings and your moral beliefs and they were quoting to me the concept

31:41

of human dignity that humans have innate dignity and that we should care for that and that inflicting pain upon them is

31:47

wrong and I asked them fair and I agree with that but where does that Faith come

31:52

from where can you point to me and say that humans have innate dignity and that inflicting pain on them is wrong where

31:58

can you point to that and tell me that they stumbled around why can't we do

32:03

that why can't I just simply pull out the law book and say it's in here and it says you cannot do that because that is

32:09

our collective decision how in this case already not replaced go well let me ask you let me ask you why does the law

32:16

Define it if we have people who live outside the law well the law is supposed to be

32:22

applicable to everybody if you know I'm living in the middle of nowhere and I say I live outside the law and they say

32:27

well by the laws of our society you're going to follow this in fact we will force you to follow this and whatever

32:33

you know extra um extraterrestrial I guess whatever

32:38

external punishment you're going to get from God you know in their afterlife we're getting delivered to you now like if I go and you know if I hurt somebody

32:45

I'm going to be faced with a fine or jail time right there's going to be a consequence that will be brought to some

32:51

form of judgment so in a way we have our law that we have built and can we say

32:56

that maybe the religion was a great thing we had back in the day when we were evolving but now that we're in

33:02

evolved Society have we not transcended that why is it still relevant why is there no system that we can use to

33:09

specifically have an alternative way to learn about all this good attachment stuff and practice love and practice

33:15

connection sure I believe we can so I believe that science provides that proof so let's talk about that for a moment we

33:22

have laws on the books and and most cultures around the world have an idea that murder is wrong right murdering

33:27

somebody is wrong generally speaking we can we can look at why that might be right we have ancient times an eye for

33:34

an eye a tooth for a tooth Blood for Blood when you when you kill somebody generally speaking it creates bad

33:40

feelings that then need to be dealt with right pain demands a response pain demands a response when you inflict pain

33:46

on somebody it demands that they respond to that pain in some capacity so it makes sense why murder is probably wrong

33:52

that makes good sense uh lying to people do do you think that lying creates disruption in society and disruption in

33:59

relationships 100% right if you lie to somebody then all of a sudden there they become a tool to you or you see them as

34:06

a tool to attain something because they're an object on which you act or that can be acted upon so yeah instantly

34:12

you lie to somebody you're dehumanizing them yeah do you think that completely

34:18

dehumanizing for example our family members uh maybe those above us in the hierarchy maybe our parents who birthed

34:24

us and created us do you think that completely throwing them out hating them and despising them do you think that

34:31

that is a good thing for society or do you think it might be helpful in structuring for society by large to

34:37

have a structure wherein we honor those people who came before us and care for them as well well if we take the moral

34:44

connection obviously if you have taking let's take morality off the table this is this is not a religious discussion

34:51

let's take morality off the table let's talk about just structure and biochemistry structure of society

34:56

Integrity of society and biochemistry biochemistry right so if I'm bonded to my parents and I have some attraction to

35:02

them and I have a sense of trust then hurting them there there's there's no way to not do that yeah yeah like you're

35:08

going to be connected to them no matter what and that's why I guess those childhood traumas are so impactful on people so no matter what I do I will

35:15

have to first break that internal structure of you know love and Trust in

35:21

order for me to really consciously take advantage of and we're going to exclude maybe for the purpose of this conversation the acting out and you know

35:29

obviously you know temper and and emotions and that type of family conflict but if I actually intend to go

35:34

and cause harm to my family there is going to be something I'm going to have to step over there's also going to be a consequence we talk about from a purely

35:42

resource-based perspective if I mistreat my family I am not going to get anything

35:48

in terms of support or inheritance or financials or anything that will help me further in fact it will be like getting

35:54

myself cast out into the darkness and then having to find my own way with the

35:59

additional um weight of the problem that I'm going to be ex communicado right so in a

36:06

society where families have to be together or it is supposed to be good to be together being the guy who not only

36:13

does not talk to my family but you know the Grape Wine does work people know that I screwed them over that is going

36:18

to negatively impact me so there's two aspects will leave me back from that from just a purely biological standpoint

36:25

MH yep uh purely biological standpoint so let's talk about for example uh maybe

36:30

obsessive Envy wanting what other people have not being pleased with what you have and not just ambition not just

36:37

desire like oh that's something I'd like to work for but I envy that person they have everything I don't and I'm growing

36:44

actively resentful against them and against life for not getting it and I'm going to steep in that and instead of

36:50

releasing serotonin and Gaba oxytocin all of that I'm going to endlessly

36:56

release cortisol every time I think about that and just flood myself with cortisol about the things I don't have

37:03

do you think that would be harmful to a person no I'm going to actually shoot this back and potentially depends what

37:08

they value right here's the thing I'm sure that a lot of explorers the people who came to North America looking for

37:14

gold looking for Treasure were driven by cortisol like they were stressed out and I mean I'd be stressed out I drove

37:19

across America and this country is large you know on day five I'm just like how

37:24

did people do this I have gas stations and you know there's snacks and hotels

37:29

along the way I can just imagine myself you know hey here's a wagon four months you might get shot by arrows or whatever

37:36

you might get eaten but maybe there's gold I can only assume that anybody who's going to go there is going to be a

37:41

person with bad attachment so in a certain way sure maybe somebody who is driven by that cortisol and adrenaline

37:47

and that greed is actually driving a lot of societies forward and I've met a lot of Executives in person they are nuts

37:57

however um when it comes to efficiency when it comes to the ability to sense um

38:03

problems they're very efficient in business so how do you reconcile that yeah that's what we call avoiding

38:09

attachment style avoiding attachment style is that work with a lot of those low oxytocin there's a lot of those I work with a tremendous amount of

38:15

avoidant people I I adore them you know other people demonize them I I adore them they are people who have never

38:21

really experienced love they've never understood what it is they don't have a concept really oxytocin Gaba vasopressin

38:28

and serotonin they don't understand that brain cocktail at all so they've never felt it so they're always in search of

38:34

it and they're always in search of a kind of safety what I have found they're not envious they're not envious awful

38:40

people what they are is people who trust resources more than they trust people yeah but look look you know I I I'm

38:47

going to take a little bit of a stab at avoidance and I'm going to do this not with you know any type of offense but

38:52

also just as a questioning how how is it that a person that grows up in our society that is surrounded by the

38:59

concepts of love and one of the reason I was asking the earlier question was to say look we actually transform the knowledge of Love through music through

39:05

culture through education through these other means that are not religious they've been exposed to that just as

39:11

much as I have they' listened to love songs they've seen movies and plays how do they not see that and say I want that

39:18

and then they say look I've never had the ability to experience love and as a result I'm an avoidant and as a result

39:24

you know it's kind of not my fault so how is it that they're able to use

39:30

that reasoning to justify the fact that they are Divergent from what is supposed

39:36

to be the norm sure so I'll share a little bit of a personal story and and

39:41

show you exactly why that's happening because it's also happening to many of my clients so very few people realize

39:47

that I grew up in a very very fundamentalist sort of protestant non-denominational fundamentalist if you

39:53

like there um sort of Christian upbringing where love the concept of

39:59

Love is very much in line with that old the old book from years back during the American Great Awakening sinners in the

40:05

hand of an Angry God where God's version of love is to tolerate you begrudgingly

40:12

and to treat you as a slave that he doesn't really like very much and your job is to spend your life crawling

40:18

through the dirt begging for approval and begging for some sort of forgiveness for being alive and that unfortunately

40:26

through the last several decades through the last maybe hundred years has been our understanding as humans have

40:32

survived one trauma after another we have and all of our family systems have broken there's supposed to be five deep

40:38

Nets that are connecting us and bonding us those are all broken as well our biochemistry has been shattered through

40:44

the last hundred years and the last five generations arguably we do not have a

40:50

living record today of functioning family systems or a functioning religious system really that teaches

40:57

authentic love so today people look for authentic love in their family it's not

41:02

there it's survival it's trauma behaviors trauma behaviors masquerading as family communication
Styles trauma

41:09

behaviors masquerading as a family Network and it's not we're surviving through trauma inherited
trauma most

41:15

people have not experienced authentic love because very few systems today are giving out
authentic love have you seen

41:22

that yourself I see a lot of patterns repeat themselves in

41:29

families um because they were simply the most present the way that people would

41:34

argue whatever was the most significant part of somebody's childhood is what

41:40

they tend to repeat I see that in myself I see that in other people I do see that as as something that
um seems to be

41:48

almost outside of personal control because I guess is imper so early however like still there's still a
lot

41:54

of knowledge you get exposed to as an adult which says there is a different way so if we're talking
about avoidance

42:01

specifically and uh to bring it back to that conversation we're talking about specifically avoidance
um saying they

42:07

don't know how to experience laa they don't know what laa is which is why they have so much trouble finding that what is that barrier then why is it that they

42:14

can't look at the same romantic movie as as I and say hey I get it I feel that I

42:20

resonate with that it was something different than my upbringing linking now in a way avoid an attach M and this idea

42:28

of trust and faith because one thing that really stood out to me from what you said is these people who are

42:33

avoidant I'm not avoidant my background is actually more in the anxious type and that's something that I've worked through over the years with your help so

42:40

thank you for that I feel like I'm better um so I actually come from the opposite spectrum and one thing that

42:45

you've told me before was like anxious people kind of hate avoidance and I'm going to be honest I kind of understand

42:52

where that's coming from because those behaviors are so jarring to to me and they're just like so like they're like

42:57

nails on the chalkboard for my nervous system just don't understand how people can live like that so I'm actually a

43:03

classic probably responds to that which is not a fair response and that I'd like to challenge you to help me understand

43:10

differently why is it and how is it that there's this relationship between

43:16

avoidance and the ability to not live in cortisol spirals uh linking to things

43:22

like trust linking to things like love like what is that connection between those Concepts

43:27

so here's what's fascinating is why do anxious people exist I was reading a

43:32

research paper just that long just a few days ago reading a research paper about why have attachment Styles persisted why

43:39

is it possible for humans to get broken attachment if that should have been bred out long ago well the idea is that it

43:45

actually serves an evolutionary purpose to have broken attachment during times of extreme hardship when you L your

43:51

entire family link that paper link that paper oh yeah during times of extreme

43:56

hardship uh the a thousand years ago in England the Danes have attacked and they've burned your village to the

44:02

ground your family is dead you can't do the Russian thing of pulling together with your community because your community is dead you are now alone in

44:08

the woods with a stick you're five years old uh you're a young girl five years old in the woods in England and

44:14

everybody's dead you are going to have to approval seek with other people and

44:19

and connect with people who maybe kidnap you or or whatever it may be you have to try to survive and make people like you

44:26

so they don't hurt you and that's how you will live and grow and your children will be you'll have children and you'll

44:31

live and and they'll live and grow because of your ability to make your captors or or whoever you find like you

44:38

now avoidant people are the opposite side they have gone so far the other direction that they have no love and

44:45

kindness and never experienced it they will survive Lone Wolf style in the woods and and prevent other people from

44:52

harming them and they will grow up in the woods and survive and then try to rebuild after that these are

44:57

evolutionary adaptations that Keep Us Alive so why do anxious people hate avoiding people in that regard right I I

45:03

have videos on this channel how to love an avoidant man and the video the comment section is split between

45:09

avoidant men saying thank you so much for making one video on the internet that doesn't demonize us and then a

45:14

flood of anxiously attached women saying how dare you have any compassion for these monsters we should be shooting

45:21

them in the streets and there should be a bounty on their heads right and the reason is this for an anxiously attached

45:27

woman thousand years ago if she confronts a securely attached person

45:33

that person is probably going to oxytocin bond with her and she'll experience that oxytocin Bond and then in the future she can predict that when

45:39

a crisis hits she can turn to that securely attached person who's going to then solve problems with her and keep

45:45

her safe the presence of the oxytocin means that vasopressin bonding will probably happen later and women tend to

45:52

bond this way oxytocin first then vasopressin later anxious people crave oxytocin to believe that they will be

45:58

helped and loved and protected later now avoidant people they don't usually bond they don't really get any oxytocin that

46:05

that's a major feature of avoiding attachments they don't have the presence of almost any oxytocin and it's very

46:10

unlikely that they will achieve vas of press and Bonnie unless they're forced to by co-founding a company or by barely

46:16

surviving and being shocked that they've survived with somebody buddy cop movies are built on this premise by the way so

46:22

avoidant people when the crisis hits they scatter typically they go alone

46:28

Lone Wolf mode there's a crisis there's stress there's pain I will go alone into the forest and survive on my own until

46:35

the crisis is resolved and anxious people feel utterly betrayed because those avoidant people have spent time

46:41

fluffing them with oxytocin feelings saying I will be here I will take care of you I will be here I will help you

46:47

you'll never be alone again oh look a crisis Zoom gone and it feels like the absolute most utter betrayal that that

46:54

person could possibly experience they re-experience their first abandonment again and again and again at the hands

47:00

of those avoidant people and it's not the avoidant people being evil it's the biochemistry sounds like a show so

47:07

let's come back to this religious aspect I'm curious what does the bible teach us about avoidant and anxious and this

47:14

weird reconciliation because it sounds to me like I'm never going to like somebody who's avoidant because I I can

47:19

at any point walk out on me and screw me over so obviously I'm going to have reservations and while I you you know

47:26

can connect with them it'll be so knowing that is something that can happen and having to accept it that person will leave on the other end you

47:33

know if we're an avoidant then most of the lessons in religious writing in religion in general just don't apply

47:40

right if you can experience love the the point of love being the only thing that matters and love thy neighbor is moot so

47:47

how do those two realities exist God has made us this way he has made us secure

47:53

attached which is you know we follow the dog ma is what the church teaches uh we

47:59

have anxiously attached which is I guess I'm Divergent of that and we have the

48:04

avoidant attach and the avoidant attach seem to be pretty demonized in a lot of religious writing like they really get called out hard so how does that even

48:11

work how does that even come together from the perspective of God has made us all in this way so what does the bible

48:17

teach you specifically as a scientist about how to not just understand and accept and love those differences but

48:22

also reconcile and bring people back what's fascinating um if we take the Christian faith for example if we just

48:29

take that and single that out for a moment the Christian faith was not designed to spread by force or by

48:35

violence right uh if you take their Messianic figure Christ and you look at him and how does he tell people he said

48:42

when he rose up he said people will know you by the way you love each other and then he gave them their final commandment love others love each other

48:49

as I have loved you and through my work over the years I I encountered uh one

48:55

individual whose children had been killed by a Hitman two of his sons had been murdered by a Hitman it wasn't in

49:04

America it was a separate culture can't even hardly imagine that in America but it still does happen two of his children

49:10

were killed by a Hitman and he knew the Hitman the father knew the Hitman and he

49:16

went to that hitman's home and he knocked on the door and the

49:21

Hitman answered and he had a gun in his hand he wasn't pointing it at him but he had a gun in hand CU he thought the man was here for vengeance and the

49:29

father took that hitman's hands and he kissed his hands and said I

49:35

forgive you I know you you don't understand what you did to me but I forgive you and the

49:42

Hitman dropped the gun and started

49:48

crying and he said you haven't shot me but you have killed

49:53

me because in that moment experienced he he experienced

50:00

kindness see the the fascinating thing with avoidant people is that they don't believe that when the stress hits that anyone else will ever be fair to them or

50:07

kind to them or treat them like a human being so he entered the door with a gun

50:12

ready to fight back and what's fascinating even more is is this man I worked with he he was a a pillar a

50:20

pinnacle of of Christian faith later on that Hitman needed a reference to be

50:26

able to move to another country and try to live a different life he get married and have and and build a better life for

50:32

his family that he was building years later and that man wrote a character reference for that Hitman to be able to

50:39

move that Hitman to another country and take better care of his family after he had killed two of those man that man's

50:45

sons that is that is the Pinnacle of that life that Hitman gave up being a Hitman and moved to another country to

50:52

become a medical professional and care for people people and and build life for people and take care of sick people

50:59

that's the transformational power of that religious faith when you live it out it's crucial that we have that

51:05

because it's really one of the only Vehicles we have giving love is one of the only vehicles that heals that Lone

51:11

Wolf trauma mode is to receive love in a shocking way and that's for example what

51:17

the Christian faith is designed to do is to heal Lone Wolf survival mentality by giving shocking love when it otherwise

51:24

there's no sense to it okay so what specific parts of religious

51:31

teachings help avoidance come back to that secure attachment form there's a

51:37

passage in the New Testament where it talks about if a man has wealth and power and fame and all of these things

51:45

and he lives cleanly and he has this wonderful life and he has all these wonderful things but if he does not have

51:51

love he has nothing it's a very clear passage laying

51:56

out that love itself is realistically the only thing that ultimately brings a man peace and joy and this Echoes back

52:03

to our biochemistry if you do not have sec we could use secure attachment if you do not have a fulfilling securely

52:11

attached relationship with another Being Human or deity or whatever it may be

52:16

your son your best friend your your wife your father if you do not have a secure

52:22

fulfilling relationship wherein you receive oxy toen Gaba vasopress

52:28

serotonin if you do not have that then you are on an endless roller coaster of

52:33

dopamine cortisol dopamine cortisol dopamine cortisol you will never be fulfilled you will always be afraid and

52:40

you will never find peace and you will die early because that cortisol leads to a tremendous number of medical issues

52:46

and so you will not only die early but you will suffer the entire time you are dying and that lines up exactly with

52:54

Biblical teaching that's pretty rough man as that is the definition of Hell in many cultures and

53:01

many Traditions which specifically is endless suffering with no hope and no

53:07

ability to redeem yourself make a new outcome or have some form of belief that

53:15

this will end so if so speaking speaking on Hell very quickly I was reading a book recently from father Gabriel Amor

53:22

who was the personal Exorcist of the Vatican and they recently I was reading the book because they recently released a movie called the Pope's Exorcist and

53:29

Russell Crow is in I love him he's I my shelf it's good book yeah yeah it's but but in that book so Gabriel Lor was

53:35

apprenticed under another Exorcist and combined if if you if you believe what they say combined they had about 72

53:42

years between them speaking directly to demonic entities and they asked Gabriel Lor asked one time what is hell is it

53:50

you know is it people being poked with pointy sticks it tment

53:56

right right it it could be any number of things hell is other people is often what we say as well but what he said the

54:02

answer he received from the Demonic entity of the time was in hell you don't talk with other people you don't have

54:08

relationships with other people hell is an endless eternity of people who are turned inward staring at their own

54:16

imperfections and their own ugliness with no hope of ever fixing them forever

54:21

you are consumed utterly by yourself and have no relation to anyone outside of

54:26

yourself that is hell so if we are experiencing that in this life we are experiencing a living hell if you have

54:33

no real relationship with anybody else no fulfillment no connection no oxytocin no Gaba no vasopressin no serotonin not

54:40

even dopamine at that point there is no dopamine left to cope and distract yourself with if you have nothing left

54:47

that is itself a living hell and the way out of that is secure attachment whether

54:52

with other people or with a religious deity interesting so basically if you have

54:59

broken attachment you are living in some version of hell and not only are you living in that version of hell but your

55:06

ability to cope with it I'm assuming decreases with age right because you said one thing that really caught my ear um cortisol wears your system down so

55:14

I've been to a lot of places and I've talked to a lot of people and one thing that I really you know enjoyed is

55:20

going to Dubai and experiencing the culture very complex culture there's a lot of layers to this and there's also a

55:27

big focus on dopamine and cortisol like they're really performance-driven they're very competitive they have uh

55:32

accomplished like phenomenal things as a society but that is for sure an aspect

55:38

that is very present there I have noticed that people who go to Dubai and

55:43

they live there they seem to expire quickly it is a place you waste you spend a lot of money but you also lose a

55:50

lot of health so how does that relate that's like does it mean that living in broken attachment is actually

55:57

decreasing your lifespan is that a correct statement yes okay absolutely

56:03

how how many years how many years am I losing let's say by being an avoidant how many years am I losing by being like

56:09

an actually attached person I remember one of the last clinics I worked at we we took in cases of people who couldn't

56:15

actually afford uh health care for themselves so we would take in people and and work essentially for free with

56:21

people and the state would pay us a pittance and I loved this work because it was amazing charity work for people who otherwise could not have received

56:27

real therapy and and we were exceptionally gifted I will say the people in that clinic were wonderful and

56:34

I remember one presentation from an expert who came in who talked about life's life expectancy for people with

56:40

difficult childhoods and we had the ace test the uh childh essentially childhood

56:46

difficulty tests and childhood trauma and it was something like anywhere from 25 to 35 years shaved off the end of

56:52

people's lives life expectancy 25 to 35 years so if 50 is what I would die with

57:00

a broken attachment style if I was supposed to live till 75 till 85 so it's

57:06

basically a third of your life has gone if you have the wrong attachment style I had and it's worse than that so my

57:12

grandmother growing up she used to smoke cigarettes and I would tell her you know that'll shorten your life and she'll say yeah well I don't want to live till 85

57:19

anyway and true and true to her true to her style she lived till she was about 78 uh so she checked out a little what

57:25

people would consider early but here's the thing is you don't just check out at 78 your brain chemistry is off so look

57:32

maybe you could live till you're 85 and you say well I don't want to live till I'm 85 I'll check out at 50 okay you

57:37

will be miserably unhappy and broken and

57:43

devastated till you're 50 you'll have autoimmune issues from the high cortisol and the low oxytocin low Gaba you'll

57:49

have chronic pain from low oxytocin you will have no trustworthy Companions and

57:54

you will feel utter afraid at every crisis point in your life because you have low vasopressin and low oxytocin

58:00

low Gaba your serotonin will be crucially low and terribly low so you'll have depression symptoms throughout the

58:05

course of your entire life so you will have crushingly miserable depression from age one until 50 when you die or

58:15

you fix your attachment maybe you're 25 you're 30 okay you have a struggles up to your 25 or or 30 and then you catch

58:21

it and you fix it maybe you take my attachment boot camp course oh I've learned attachment I am healthier great

58:28

now you have higher quality of life from 30 until 85 where you die at 85 content

58:36

smiling yeah you've got some medical issues but you are with friends you are with family your brain chemistry says I

58:44

am happy and fulfilled so it's not 35 extra years of oh I hate my life it's 35

58:51

extra years of wow this was good and that's why in the Bible it talks about

58:56

when you live a religious life when you follow the Commandments when you follow

59:01

the ten commandments so that you may live long upon this Earth You live long and you enjoy it and you're fulfilled

59:08

and then you leave a legacy of people who learn from your example and they do the same and it creates a wonderful

59:14

ripple effect through all of society that's the goal we had a we had a great moment in

59:21

our very early stage coaching um and uh I have a daughter so she's six and a

59:27

half her name is Elizabeth I call her Ellie and uh I came to and I said okay so you're telling me

59:33

that belief faith and you weren't pressuring me towards Catholicism and I really appreciated that you kind of very

59:39

open you said look explore everything and kind of understand and and you're not Catholic obviously so I I didn't I didn't successfully indoctrinate you

59:45

correct yeah that's right resisted your Temptations with the funny hats and the laser eyes

59:52

so um so that that was that that was interesting uh that was an interesting question that I asked you and I really

59:58

stuck with me and I keep coming back in my mind and I said okay so I have a daughter and it is my responsibility as

1:00:04

a parent to find the best in life and pass it on to her let's say for a second that I believed in you and I follow the

1:00:10

Christian dogma and I taught her the Christian dogma and I said this is the truth and the only truth and then uh I

1:00:18

was wrong that this was simply not the case and this was just just a thing that

1:00:24

Humanity made up along the way to you know make itself feel better and the

1:00:29

reality is there is no God there's no afterlife there is nothing really except for this life you know I wasted a lot of

1:00:35

time in church and whatnot and I taught her the same the same thing so I asked

1:00:40

you how is this moral of me to teach her something that I am not certain of even

1:00:46

at this stage of my in my life or maybe even at a later stage I'm not sure I'll love be certain of it how' you answer

1:00:51

that question so if you teach her about love

1:00:57

and you teach her she is loved and you teach her honesty and integrity and you teach her to live a life that will be

1:01:04

very high in oxytocin very high in Gaba very high in vasopressin very high in

1:01:10

serotonin and where she's connected to other people who share those things people who will be charitable and kind

1:01:15

to her and loving to her and she'll raise a family and she'll have purpose and meaning and she will feel

1:01:22

contentment and joy in her life and then she dies believing in that faith and

1:01:27

then there's nothing there what has she lost I didn't have a good answer to that

1:01:34

I don't have a good answer to that either if it doesn't matter then it doesn't matter but at least you had a

1:01:41

great life along the way and you died truly happy and fulfilled and believing

1:01:46

that goodness is coming so there not even a gotcha moment there's not even like oh I'm disappointed it's just oh

1:01:53

I'm I'm happy and content and then it's over lights off lights off lights off I

1:01:58

mean even even for a dark moment even people who euthanize other people you use euthanizing chemicals that at least

1:02:05

give them some kindness and Euphoria at the end that would be a lifetime of kindness and Euphoria and joy if you

1:02:12

don't even believe that there's anything at the end so there is absolutely nothing to lose really believing in a

1:02:19

religious connection where there is love and connection and fulfillment I'm not speaking of cults I'm not speaking of

1:02:25

wrongful religious connections that that hurt you or treat you badly absolutely

1:02:30

please avoid those in fact the difference between a religion and a cult people say all the time it's followers no it's not it's are they in line with

1:02:37

secure attachment and biochemistry or do they alter those things to trick you and take from you and then harm you later

1:02:44

those are that's the big con disconnect between religion and cult so religious Faith you have realistically nothing to

1:02:51

lose and you have all that biochemistry game so what are the specific

1:02:58

scientifically endorsed mechanisms and practices that exist in Rel religious

1:03:03

teachings and church teachings that actually builds secure

1:03:10

attachment there's formal and there's informal now the formal pieces is going

1:03:16

to church every Sunday connecting with people talking with them or going to your synagogue or or
or going to your

1:03:21

mosque going wherever you are gathering with people and seeing the same people again and again
and building a routine

1:03:28

and then having a community around that routine and a community where you care for each other
being ordered to care for

1:03:34

each other being ordered to provide charity with each other and kindness being ordered to solve
problems together

1:03:40

in a reliable consistent manner being ordered to do that and required to care

1:03:46

for each other in a safe vehicle and a safe kind of way sounds like parenting get along with your
siblings or El and

1:03:52

this this is why the abrahamic god is a father and he says I am your father and when Jesus came and
gave us a prayer he

1:03:59

said it began with ABA which is Daddy hey Daddy that's how the Our Father prayer begins it's not
even father it's

1:04:05

Daddy it's a it's a two-year-old my two-year-olds call me daddy it it is should change should change
it to Aba

1:04:13

change it to Aba that's the next one right for a while my oldest son called me Poppy and that I'm like
all right

1:04:18

what are we Mexican now so I just call him Miho all right Miho because I grew up in California so it I
don't care what

1:04:24

they call me except that they acknowledge I'm their father and there is an enormous responsibility in

1:04:30

fatherhood as you as you well know there's an enormous responsibility it's a call to action it's a call to care for

1:04:38

them and protect them so the formal elements are caring for each other and then being cared for by somebody that

1:04:45

you truly believe actually cares for you it's one of the biggest disconnects that people have with the Christian faith is

1:04:50

believing God tolerates them instead of actually actively loving them and then there is the informal I had uh just

1:04:57

recently my church was talking about this and we give we give overwhelmingly to the food pantries around us we make

1:05:03

sure that not only do the people the people in our communities who can't afford food not only do they get you know the standard food and tin cans and

1:05:10

stuff like that but meat meat is so crucial for them strengthening their bodies protein but then we also take an

1:05:18

extra step and we just had uh all of our young kids put together was called birthday bags so when a family goes to

1:05:25

the food pantry and most families that are going to food pantries they they often will struggle for the

1:05:31

extravagances for the extras there's plenty of people in America Kids In America who don't get birthday cakes

1:05:37

okay and our church we put together with the kids help us put together to train them in charity and kindness put

1:05:43

together what's called a birthday bag where if it's your kid's birthday there's a big sign up in the food pantry if you if it's your kid's birthday let

1:05:49

us know you get a birthday bag inside the birthday bag is cake mix and frosting un healthy stuff obviously but

1:05:55

cake for cake mix frosting candles plates napkins everything you need for a

1:06:01

not just like here's a cake but special birthday napkins special birthday plates

1:06:06

things feel special right it makes a child feel special because you are

1:06:12

respecting that Dignity of the human being you are making them feel loved you

1:06:18

are releasing oxytocin Gaba serotonin everything into their system now their

1:06:23

parents also feel that cuz their parents finally don't have right there's shame when you're a parent if you can't

1:06:28

provide that for your child you provide that kindness to that child and the whole family and and that is only one

1:06:35

informal way of giving respect to the human dignity of those F that family

1:06:42

just by giving a birthday bag on in addition to the food that they're getting through the food pantry in addition to the charity programs and

1:06:48

Outreach that we do so there's formal and then there's informal and that's what religion is gets home because uh

1:06:55

for Ellie's uh fifth birthday we just moved uh to Miami didn't know anybody I

1:07:01

think we were two weeks in no friends no nothing and her birthday uh was on

1:07:07

August 6 so I realized you know a couple of days

1:07:12

before and that there is nobody there who can come who can spend the time with her

1:07:17

and I put her to bed and I spend I think four hours setting up the room with her

1:07:22

stuffed animals who you know came in the night to decorate the room for her birthday because that was the only thing

1:07:29

in terms of companionship she could get and I felt horrible the whole time like I really was like oh my God how can I do

1:07:35

this and whatnot she loved it I think I even have a video of that on my uh on my Instagram just you know because it's a

1:07:41

cute moment or whatnot and just the joy of seeing animals toys come to her

1:07:47

birthday party you know feeling that she is worthy of that attention was so special I'm like now do you

1:07:54

remember do you remember how many birthday gifts my wife sent to your daughter for that birthday knowing that she was not going to have guests how

1:08:01

many birthday gifts my wife sent you remember the pile of them many thank you for that now that was wonderful now that

1:08:07

that happened she sent those gifts because my wife's cousin died of

1:08:13

leukemia here's a story for you very let's let's run through this people always ask what is the purpose of

1:08:18

suffering why do some kids die why do some kids get cancer right my wife's cousin was her very very best friend

1:08:25

when they were 14 years old and my wife's cousin she should never have had

1:08:30

leukemia it's never good for a child to have cancer I will never ever say like it's good but she chose to embrace her

1:08:38

religious faith and to dive deep into her faith in God she was very Christian at the time she was a Assembly of God

1:08:44

which is a type of protestant very very charismatic outgoing kick off your shoes dance in the aisle like full love of God

1:08:50

full Adoration of God it's fascinating um she annotated she's 14 she annotated

1:08:56

her personal Bible like with with passages in there about joy and love and acceptance of suffering and kindness but

1:09:03

she worked diligently during those years to sort of impart that Faith to my wife my wife was sort of her Confidant during

1:09:10

those years of her leukemia as well for years from age 12 to 14 uh and when she

1:09:15

passed away she she willed her Bible to my wife and the this this faith that my

1:09:22

wife gained from from seeing her friend her her cousin her best friend and cousin die of leukemia but die fulfilled

1:09:29

in God diving into her prayer life comforted through God like this child was flooded with oxytocin Ang Gaba and

1:09:36

serotonin knowing that she was loved by God and that depth of Faith transformed my wife into a a vessel of spiritual

1:09:44

Faith that's why she's obsessive about God now and I have I have had to draw on my wife's diligence in her faith during

1:09:52

difficult times in my life for my faith maybe hasn't been as strong as it could be my wife will not let me stop if I

1:09:58

stop for a moment she is on to pray and Drag Me to Church she will shoot you she

1:10:04

would hit me with a baseball bat and drag me to church if she had and it's good I need that I rely on my wife's

1:10:10

strength of Faith sometimes for My Own Strength but she has then imparted that to our children she's imparted that to

1:10:16

charity works at our our school at our at our church and our parish and when she heard that your daughter was not

1:10:23

going to have guess at her birthday party it touched her heart so deeply that she wanted your daughter to feel

1:10:29

loved that's what the Christian faith especially supposed to push us to is to want others to feel loved so she

1:10:36

gathered up as many gifts as she could and she shoved them in my hands and said get these to that little girl and we

1:10:44

sent those gifts to her so when people ask what's the purpose of a child getting sick what's the purpose of a

1:10:51

person suffering right when we so to speak take up our cross and and carry it

1:10:56

diligently and when we we we accept that God loves us number one we can die in

1:11:01

peace we can die in peace and we can live a fulfilled life and understand that we are loved and die in peace it's

1:11:07

better for a child to with cancer to believe that they are loved and that they are going to better place than to

1:11:12

say this is meaningless I'm suffering for nothing and then Die full of hatred and misery it's better for them to have that contentment and that true love I

1:11:19

will say that but then number two it meant something it passed on that faith to now two generations of my family her

1:11:26

struggle and her acceptance of that religious belief passed on into two generations of my family now into two

1:11:32

generations of your family that was transformative faith and that was you know 20 years ago or something that that

1:11:38

girl passed away but she is continuing now to Echo in her religious faith and her Legacy today for people that's

1:11:45

really the transformative power of embracing the depth and the true teachings of religion past the hypocrisy

1:11:52

past the selfish past the half-heartedness but the true depth of religious faith it transforms the

1:11:58

biochemistry of people 20 years later that you will never made that's a pretty de story and for anybody looking for the

1:12:05

actual legitimate life outcome of that story you can go check out on uh my Instagram page it's Andre corov it's

1:12:12

also linked below and find the video that says happy birthday and see how that little girl just send gifts to how

1:12:17

she actually responded and what that actual building of attachment looked like that was a very very helpful

1:12:24

experience for me so thank you guys for doing that love you lots that was very cool but it was

1:12:30

exactly that it was a the healing of attachment was the prevention of hurt it was a birthday she did not have to be

1:12:36

sad over and you know you don't get a lot of birthdays as a kid you know maybe you'll get 12 14 so one out of 14 is a

1:12:43

huge percentage like that is going be an impactful thing that can carry through for later so that was a bad event that

1:12:49

didn't happen and it really sounds to me like that structure which forces you at

1:12:54

the beginning while you're learning to live in good attachment or at least to

1:12:59

practice the foundations for good attachment is something that is present in a lot of religious teachings um now

1:13:05

is there maybe an alternative way for people who don't want to or not ready yet to pursue uh a religious lifestyle

1:13:11

where else can they do this how else can they embody this this this mechanism you

1:13:16

know what's fascinating is The Ten Commandments they don't have to be a religious structure they are they're a

1:13:22

code they're a law what's fascinating is our our Western laws are all built around them and they are secular laws

1:13:28

that are built around them so one thing you can do is reach into those religious structures and say how would this help

1:13:35

me how might this help me look at those various faiths that's what I did before I settled on the Roman Catholic Church

1:13:41

how might this help me would this enhance my life if so if I lived this

1:13:46

way whether I accept God or not if I lived this way would this grow my life I

1:13:51

I'm I'm always interested interested in Jordan Peterson his struggle because he struggles to believe in God but he sees

1:13:58

the value inherently in God people in Christian circles call him like the greatest tragedy of our of our time is

1:14:05

what they call him because he and sadly so he he's he's such an eminent thinker

1:14:10

and he is he has led many people to to deeper religious Faith but he himself

1:14:16

has so far as I know has not embraced it I know his wife recently came out as a as a Catholic

1:14:22

con your team we SC we got her we got another one um and her transformational

1:14:28

story about prayer and and a tumor I believe disappearing when she had a terminal cancer diagnosis and and all

1:14:34

kinds of things have transformed life but if you are not quite ready you could take the Jordan Peterson approach what

1:14:41

value would this bring to my life that really was ultimately what brought me around what value does this bring to my

1:14:47

life well let's look at the biochemistry let's look at attachment Theory let's look at how humans are meant to fit

1:14:52

together let's let look at what happens to us when we go Lone Wolf and don't believe there's any value or meaning in life let's look at what happens when we

1:14:59

actually connect with other humans and then we begin finding depth of meaning in those lives my avoidantly attached

1:15:06

Executive coaching clients when they come in and they're 60 years old and say Adam I'm probably too old to start a family and have babies right now and I

1:15:13

say well why don't we talk about a mentorship program where you care for the people that you have overseen and

1:15:18

you start building those those pseudo child bonds with me mentees that you want to help Foster and grow and when

1:15:24

they do those vas oppressing bonds and that secure attachment it's incredible to see the transformative growth in

1:15:30

these men's lives as they care for the people that they are training to replace them and that that is their

1:15:37

transformation and that also K ties right back into religious Faith caring for the people who are coming after you

1:15:44

well it's actually interesting that you mentioned Jordan Peterson so for those who don't know I uh am his ex-son-in-law

1:15:50

uh used to be married to his daughter and then you know we had a divorce and uh Elizabeth is his granddaughter so I

1:15:58

was with Jordan during his medical struggles and tamy his wife's medical

1:16:03

struggles and just a lot of the family members have had a history of health issues um and I remember when Jordan was

1:16:11

going through the challenges that he was going through and he was really focused on overcoming them one thing that has

1:16:18

caused him a lot of suffering was the fact that he did not have a very firm faith in a very particular denomination

1:16:25

and while his relationship with God was for sure present um the absence of a structure and an absence of a coping

1:16:32

mechanism mechanism did make it a lot harder and the one of the components of

1:16:39

the solution to his health issues um was the implementation of patterns um

1:16:45

between him and I between the medical care team and the rest of the family we have created uh very firm and very

1:16:53

reliable schedule of which was conveyed to be faith and love right support right

1:16:58

that was one of the things that has really helped him get through that and at the end of that Journey was actually

1:17:05

when I met you Adam and that was so impactful on me and also and Michaela at

1:17:10

the time that we both ended up going to Christianity she went down the Protestant route I went down the Russian

1:17:16

Orthodox route um and you know we had an entirely different experience with it

1:17:21

but Tammy went down the Catholic route um I don't really know about the rest of the family because you know after we got

1:17:27

separated and what not we had a divorce we didn't really stay in touch much but I know that it was such a profound

1:17:34

experience of the manifestation of love and in the guy who idealized and

1:17:40

conceptualized a lot of these conversations for the first time in the digital space ever like the biblical

1:17:46

series that we worked with him on because I also um managed his business and actually helped grow many parts of

1:17:53

the brand which is why I started veritus the agency that we're running with now it's an evolution of that and was actually created with his Blessing

1:18:01

um really watching a guy who talked so

1:18:06

much and believed so much um about the significance of religious belief and his

1:18:11

importance in life having him have the experience of not having that firm in his own life that really pushed me

1:18:18

towards my own understanding of divinity my own understanding of the necessity for love attachment so that was a very

1:18:24

practical lesson of attachment before any type of religious experience what I came to you with was the

1:18:31

baggage of that but also the wealth of the Practical reasoning behind it so

1:18:36

when we started talking about these a lot of things fell into place um now I have to say I was very surprised that my

1:18:44

attachment Journey didn't take very long probably took me about a year to fix my attachment so you know with there was a

1:18:51

lot of learning there's a lot of practices there were a number of stumbles and there was a lot of coaching that you did for me uh I'm kind of

1:18:56

curious when it comes to your other clients um how long and how much does a cost to even fix your attachment because

1:19:03

we talked about the medical cost of not but like what is the actual investment that somebody has to make in terms of

1:19:08

time or money or whatever work that you typically help people uh

1:19:13

clients uh that you help clients fix their attachment through the cost as you's mentioned the

1:19:20

cost is so high it's it's a lifetime of living hell basically if you don't have good attachment it is reaching your 70s

1:19:27

the oldest client I ever worked with was 78 years old and they said Adam am I too old to fix this and I said absolutely

1:19:34

not let's build you a joyous life for the life that you have left let's build you a legacy let's build your connection

1:19:39

we did and they found joy and fulfillment even at 78 so anyone listening to this look you're not too

1:19:45

old you're just not we can go there and I and I'll help you myself personally but the cost is so high of not fixing it

1:19:51

I mean what what possible what possible cost could stop you from fixing attachment at that point it is

1:19:58

everything it is a life in Hell or a life in alignment with your biology so

1:20:05

that you are fulfilled and joyous and I say that as a man who fixed my own attachment so how long does it take to

1:20:10

fix attachment you know I I had a gentleman come to me one time who was

1:20:16

essentially homeless he paid me with his savings and he uh he had to live with his mom and he had no job no girlfriend

1:20:23

he had just just got out of a hospital in a 72-hour uh self- protection hold

1:20:28

for an attempt shall we say and was addicted to heroin opium

1:20:34

um hideously broken attachment miserable didn't want to live and said I have

1:20:40

nothing to lose so I will listen to you and if you can convince me there's something here then I will do everything

1:20:46

you tell me to do and I said great so I laid out what attachment is and how it changes your biochemistry and his jaw

1:20:53

hit the floor and he Saidi will do everything you tell me for the next 30 days and in 30 days I put him through

1:21:00

such an extreme boot camp of attachment it the attachment boot camp video course is built on how I helped that man it's

1:21:06

such an extreme boot camp of of fixing that 30 days later I remember he walked into my my session with me and said Adam

1:21:15

I don't even recognize my life I actually woke up happy today I feel good

1:21:20

I have zero Cravings at all for heroin 30 days zero craving I am glad that I'm

1:21:27

alive I have people that I never connected to and I had the hard conversations with and now I have deeper

1:21:33

friendships than I've ever had my family loves me and I am so happy to be alive

1:21:41

30 days now he wasn't 100% perfectly secure yet but remember how I said that

1:21:48

if you die you know 35 years early at 50 but you suffer in misery the entire time

1:21:54

he had 30 days and all of a sudden was joyous and happy and then he got to spend the next few months improving

1:22:01

attachment improving attachment improving attachment it feels so incredibly good even just a month into

1:22:09

the journey even just a couple of weeks into the journey that it's a pleasurable experience where you overcome fear it's

1:22:15

not even painful were you pained at any part in the process or was it just facing fear over and over and over fear

1:22:22

of pain kept coming up right it was regret for sure there was a big element of regret because it was like looking

1:22:30

back and saying I really messed that up I really have caused damage here or you

1:22:36

know I've caused damage to myself a lot and that took some acceptance so it was for sure a difficult process but it

1:22:44

wasn't inherently painful it was like you know draining a boil of sorts like

1:22:50

draining something that really was Fester Ing and over time as you went through that process it remediated

1:22:56

relatively quickly it didn't take too long to get to the better part and do you remember what I told you at the time

1:23:02

and let's see if it's still true I said the regret and pain that you experience will drive you forward into being more

1:23:08

appreciative and more embracing of love than anybody else ever will I told you that at the time and I remember you said

1:23:14

well okay maybe yeah I couldn't get away from myself since then thanks Adam yeah

1:23:20

it is what it is same thing with my client was 78 they said have I wasted my life I said only if you don't let it

1:23:27

spur you into a greater life going forward and creating more love for yourself and other people and they went

1:23:34

forward it was like an e it was it was like it was like Christmas Carol Ebenezer Scrooge he became a better more

1:23:39

loving version than anybody had ever seen before and overwhelmed the world with that joy and love that's it was

1:23:45

exactly the same transformation that's wonderful so if we were just to ask this question in a very practical standpoint

1:23:52

how much is does it cost to fix your attachment and how long does it take so people who have the biggest

1:24:00

attachment challenges they usually come in I've designed What's called the life overhaul package currently the investment for overhauling your life

1:24:08

building that biochemistry and finding that loving connection that you have never had in your life is

1:24:14

6700 that is the investment right now that people make and I walk with you through 10 sessions so let me ask you

1:24:20

this I connect with them a middle class couple on average spends \$10,000 in a

1:24:27

two vacation so you basically go your two vacation this year or 67% of that

1:24:34

on average you know nothing fancy you know this isn't five star hotel this is like you know go to a trip and spend two

1:24:40

weeks you know eating okay food versus the next 35 years of your life next years of life the next do hold

1:24:48

people back like why isn't there a line of clients like leading around the corner like what is that stop to go for

1:24:53

wanting to come in and fix their attachment most people don't believe that life can be better than it is most

1:25:00

people are so used to being miserable they can't imagine that paying a person to train them in attachment is going to

1:25:07

make that much of a change they don't imagine right they'll put they'll put \$10,000 on their credit card and fly

1:25:13

around and eat crap food and gain 10 pounds and be just as miserable after two weeks as they were before but they

1:25:18

don't want to put \$6,000 on a credit card and have a transfer AAL life Journey that will fix the next three

1:25:25

generations of their family and make them and everybody else happy for the rest of their lives because people don't

1:25:32

believe that things can change I hope this interview alone has changed their mind I guess we'll see um I guess they

1:25:40

also have the option of watching all the videos that we produce together or oh man Andre how many videos have you and I

1:25:47

produced people don't realize on this channel there's like what 650 videos including longs and shorts right and

1:25:53

your team on the back end and us produ like the thousands of hours of Labor from like 30 people trying to make this

1:26:00

work like there's so many so much wealth of information on this channel it's not even funny yeah or I guess also the

1:26:06

outcome of this conversation is just pick a religion and go to a church or your temple or just something I guess

1:26:12

the point of all this is to say you cannot fix your attachment if you do not

1:26:17

have an element of Faith right so if we talk about avoiding attachment you have to believe that you're worthy of love

1:26:23

and if you're an anxious attachment correct me if I'm wrong you have to believe that even if people choose to

1:26:28

leave you you will still be okay does that sound right okay yes and you you

1:26:33

need to fix your attachment to fully Embrace religious faith I had a pastor of a gigantic 50,000 person mega church

1:26:40

come to me one time and he confessed to me he had anxious attachment he confessed to me that he didn't really believe God loved him he believed God

1:26:47

loved everybody else but he was going to have to live on the front doorstep of heaven with God throwing him scrap while

1:26:52

everybody else got to go inside and and he was the pastor of a mega church 50,000 so I I helped him to understand

1:27:00

that God what God wanted from him we rebuilt secure attachment and then he could say

1:27:06

oh that's what God thinks of me oh that's how God cares about me like that

1:27:12

he was blown away so fix yes find a religious faith and fix your attachment

1:27:17

so that you can actually embrace that religious faith I guess that's want to invest 6700 without him that's that

1:27:24

option is there for free so at least go do that go find find a priest and say

1:27:30

make me secure and they'll be very confused but they'll try that's good um

1:27:36

as any kind of like final thoughts on the idea of attachment and religion and

1:27:43

that overlap I do want to touch on this briefly one of the biggest concerns that people have specifically about the

1:27:48

Catholic faith is it's focused on sin right so we talked about this this kind of at the beginning of the conversation I do want to tie off with that as well

1:27:55

MH MH why is the concept of sin and I'll

1:28:01

even give you this example why is the concept of not having sex before marriage why is the concept of uh you

1:28:08

know not being driven by money why is the concept of not succumbing to the physical desires of your body which you

1:28:14

know God built us this way or we have evolved this way and we're inherently like this why are they so destructive

1:28:22

not even I'm going to say wrong because that's that's a question of morality but why are these sins that you guys Focus

1:28:27

so much on why are they bad why are they so destructive to you to your soul to your attachment like what's the story

1:28:33

there yeah I I mean it even goes back to the concept of why does suffering even exist if God could have just made us all

1:28:39

super happy why did he why does suffering exist so in the in the

1:28:44

Christian faith in general is the understanding and in all the abrahamic beliefs is the understanding that God

1:28:51

did not want slaves God wanted children he wanted children who would receive his

1:28:56

love and who would choose choose to love him in return and that's the reciprocal loving nature uh that God has designed

1:29:03

us for and this life is a training ground for that it's also a temporary training ground that will eventually

1:29:09

dissolve and those who have chosen love even through hardship those who have chosen to give and receive love with

1:29:14

those around them and be caring and nurturing those are the ones who God will accept as his and those who choose

1:29:20

hatred and pain and to make others suffer in this life those people will be excluded from that and they're given

1:29:27

every opportunity millions and millions of opportunities to try to change every moment of every day that's the idea so

1:29:33

the concept of sin it's an Old English term it's an English archery term which means to miss the mark the goal is not

1:29:40

to create this this miserable sludge you sinners in the hands of an Angry God the

1:29:46

the abrahamic God is look here are my commands so that you can live a good life with each other if you love each

1:29:54

other and respect the human dignity of others and if you keep me above you as your father and listen to me because I

1:30:01

have your best interests at heart I will care for you trust me that when bad things happen it is for a purpose just

1:30:08

keep coming back to me keep caring for me and I will care for you not only here but also in this next system that I'm

1:30:14

building for us so keep coming back that's this that's the belief and the culmination is living with God eternal

1:30:22

love and harmony and not just floating on a cloud playing a harp but living together as a real family in day-to-day

1:30:28

life and nurturing in care ultimate secure attachment so when we talk about

1:30:33

what is sin what is what is this guilt what is this misery it really is have we strayed from the path of real secure

1:30:41

love with God and if so how do we get back to that and that's what it's

1:30:46

supposed to be people make fun of Catholic guilt and it shouldn't be this miserable oh I am I am dirt I am the

1:30:53

worms inside of the dirt I Am lower than the worms are better than I am that's

1:30:58

there's an element of man I messed up and I let down somebody who loves me more than they love life itself that's

1:31:05

what it is is I somebody loves me that much and I let them down I better find a

1:31:10

pathway back to fixing that and then we have reconciliation we have the Forgiveness of every sin we have come

1:31:16

right back keep coming back keep listening keep helping it is this enduring eternal love with enduring

1:31:23

Eternal chances right up until death keep coming back even if you convert on your deathbed we are happy to have you

1:31:30

that's what it is supposed to be so does sin physically break attachment from a

1:31:37

neurochemical standpoint does sin break attachment does sin damage your nervous

1:31:43

system somehow so what is sin what is sin it is living away from the way that

1:31:48

God has designed us to be in the best attribute okay okay well what does that mean it means really doing things that

1:31:54

short-term or long-term will harm your biochemistry and create negative outcomes either for yourself and perhaps

1:32:02

for others we don't just sin right who is the person that is wronged in sin

1:32:07

well it's you you wrong yourself in some way you wrong God and usually you sin

1:32:12

against somebody else you do something negative to somebody else and it begins to spread ripples of negative harmful

1:32:18

biochemistry through other people their cortisol levels up you commit murder a lot of people's biochemistry gets messed

1:32:25

up you you steal from somebody you lie to somebody you have enough you cheat on your wife your kids are devastated

1:32:32

people forget an affair isn't just oh I cheated on my wife oh that sucks to be her it's wow my children may be

1:32:39

devastated by the loss of this family and unable to believe in love ever again

1:32:44

right oh man that means a lot trust me you steal you go and you steal from a shop on the corner it's not oh I stole

1:32:51

from from the corporation well okay how about all the people there whose jobs are now devastated how about the loss

1:32:57

prevention from companies that they have to lay people off because they're losing so much in profit and they're losing so

1:33:03

much just on in capital that they can't afford to employ people anymore how about hatred and anger I I I lived I

1:33:11

lived up in uh Wisconsin but very near the Twin Cities and during the the major riots right with George Floyd and all of

1:33:18

that I won't get into the politics but the anger and burning down even burning down black neighborhoods I remember some

1:33:25

of my clients saying Adam my Pharmacy burned to the ground and I no longer can get my heart medication that keeps me

1:33:32

alive and I'm scared to leave my home the anger and the outpouring of righteous

1:33:38

self-righteous indignation that some might say that rage wrath wrath is a sin the seven deadly sins wrath is one of

1:33:45

them when you pour out your wrath who endures the pain well bystanders people

1:33:51

around you sin is destructive for those around you and it's destructive for you

1:33:56

long term and it creates massive negative biochemistry that's that's one reason that it's forbidden interesting

1:34:03

well that's definitely going to be a conversation we'll have to delve into more but at this point to summarize uh

1:34:09

it seems to me that attachment and religious belief are very closely linked because religious belief is a way to

1:34:16

convey the balancing of neurochemistry from the attachment standpoint to get to

1:34:21

the point where you can live an happy and fulfilled life in a way that also allows you to self-regulate and to

1:34:27

spread the self-regulatory ability to your children to your community to your surroundings so it is kind of the creation of a place of security and

1:34:35

safety um what is a good place for people to go and learn more about the

1:34:42

integration between attachment and religion I love this conversation and that connection between attachment and

1:34:47

religion I think that there's so much to understand here I don't think there's anybody really talking about this yet in

1:34:52

the biochemistry of religion I think Jordan Peterson in many ways started the conversation about is religion important

1:34:58

in the Modern Age I'd like to think that maybe I'm picking up the torch a little bit where he dropped it there but I

1:35:04

would love to have an episode two of this if people are interested in it I'm not going to push it on anybody so guys

1:35:09

if you would drop in the comment sections and comment episode two or part two if you want to see more of this

1:35:15

conversation I'm happy to bring whatever people are looking for to help you in your attachment journey and I would love

1:35:21

to see comments what you guys actually want us to talk about or maybe whom you want Adam to talk about because we can

1:35:27

add more of this type of content if people want to talk about it so let us know Andre where's the best PE place for

1:35:32

people to find you so they can learn more about you maybe the website for your company that you work with they want to learn all about you yeah

1:35:39

absolutely so you can find me on Instagram Andre corov it's linked below

1:35:44

or you can also check us out at veritus creative. media to see what we've been

1:35:49

doing with content creators and what we're doing now and uh what we're going to be doing in terms of helping Talent

1:35:55

like Adam and coaching creators like Adam um in creating these new

1:36:00

conversations and New Concepts so check us out and uh get in touch if you have

1:36:06

any ideas or feedback i' love to hear them and you guys know where to find me I'm here at attachment Adam on YouTube

1:36:13

attachment Adam on Instagram I've changed my Twitter I am now Adam Lan Smith it was time to become a little bit

1:36:19

more professional after the 13 years on Twitter is just kind of playing around I am also at Adam Lanes smith.com you can

1:36:26

find my coaching you can find my attachment boot camp video course my mentorship program for a year-long

1:36:31

mentorship is over there check that out if you're looking for that I am here to help please let us know in the comments

1:36:37

what you thought of this conversation good bad stupid funny where are we at remember episode two or part two if you

1:36:43

want to hear more or comment and say no more if you don't want to hear any of this if you want to go back to just

1:36:49

nothing but science I'm happy to go there too let me know what you guys are looking for till next time thank you so

1:36:54

much for listening and Andre I will see you again thank you for having me see you soon

English (auto-generated)