**Episode #21**

**Speaker 1** [00:00:01] Welcome to the Cabrera Lab Podcast. Nada

**Speaker 2** [00:00:07] Nada!

**Speaker 1** [00:00:08] NARRAH!

**Speaker 2** [00:00:09] No, that's not right. I reject your answer. There's always something up, especially for you. Your brain's always going a mile a minute. More like 10 miles a minute

**Speaker 1** [00:00:19] I'm super chill.

**Speaker 2** [00:00:20] No, you're not you got something going on here. Hey, you said something interesting the other day Oh, man At the breakfast table actually we were talking to our young son our gorgeous young son And you said to him

**Speaker 1** [00:00:35] I said to him what?

**Speaker 2** [00:00:36] You said to our son, at the breakfast table, something along the lines of, well, comma, you're young, so everything matters, and everything also doesn't matter. And you sort of said there's this paradox that happens when you're a young. And I think what you were getting at is The choices you make today are both important and unimportant.

**Speaker 1** [00:01:07] Yeah, so, so that's really interesting that you got that. So You know, I love mathematics. People say all the time that the language of nature is mathematics, and I don't think that's true Mathematics is amazing and it has amazing properties, but I don' think it's the language of nature. I think that the language of Nature is the reconciliation of paradox.

**Speaker 2** [00:01:41] Oh, I like that.

**Speaker 1** [00:01:43] I think nature is really good at finding things that conflict and making them cooperate, you know, by level changing or something like that, right? So like a predator and a prey at one level is obviously like it's a zero-sum game, but at another level, they are symbiotic, right, they take care of each other at the species level. So. I think paradox is one of those things that that a lot of folks have trouble with reconciling it and either because of my brain or because I've spent a lot time in the mountains. I think Paradox is something that really comes easy for me. And I think it's hard sometimes when we hear paradoxes because it just sounds like what? Yeah. But I was thinking that what I was saying was When you're young, there's so many things that you're going to do when you're young that will make a huge difference, both positive and negative, right? I mean, like you can really, yeah, you can do some things that ruin your life early in early in life, right. Like, like drugs and, you know, things like that, driving is a, is a very dangerous one, you now drugs are a dangerous one. And so you can do things that can really ruin your life. You can also do things that can set your life up in a fantastic way. Yeah. Like getting good grades and getting into college and you know, blah, blah. But the paradox part is that you can literally... Screw up for like 20 years straight and you're gonna be fine. And still recover. You can still recover, like I look at, like. you know, all the things I did that were just totally, that I messed up, you know? And didn't get right and just learned from over time. And I think that's hard for young people to understand because like I see a lot of young people that are really stressed out about their life and like how much are they gonna, how many AP courses are they taking and how many of this and what tests and blah, blah, blah, and what sports and what volunteer activities and. How am I going to get into college and all these kinds of things? And that's great, you know, in the, in the sense that they're pushing themselves and trying to be better. And, but also like. It's not it doesn't matter Well, it's both matters and doesn't Matter right and I don't know. I think that almost sounds like kind of BS

**Speaker 2** [00:04:45] Well, I don't know if it's BS, but I think... But it's true, that's the problem. Younger people lack the wider context. They haven't been around as long as we have. They haven, like, we've made mistakes. We've recovered. And so we have that sense of what matters, what doesn't matter. And also that's why parents are here, because we know the difference.

**Speaker 1** [00:05:07] But I'm saying not just mistakes. Yeah. Like there's people that like you made mistakes, but I was a fuck up for like 20 years straight.

**Speaker 2** [00:05:18] Oh, I see. You can really be a fuck up.

**Speaker 1** [00:05:21] for a long time and then you can get your shit together. Yeah. That's what I'm saying is like, I think everybody knows that they're gonna make mistakes but young people should be like, number one, the patterns of behavior that I do now are gonna be patterns that possibly follow me my whole life. So, you know.

**Speaker 2** [00:05:45] like a work ethic.

**Speaker 1** [00:05:46] Yeah, like a work ethic, like, like integrity.

**Speaker 2** [00:05:50] character you know

**Speaker 1** [00:05:51] you know, taking care of yourself, nutrition, all those kinds of things. Those are things that I think you should focus on. your character, your integrity, your health, your nutrition, your thinking, your self-reflection, your commentary on yourself, your Self-talk.

**Speaker 2** [00:06:17] That matters. It seems like you're making a distinction almost as you're talking between the big stuff and the little stuff, if that makes sense. The local stuff and the global stuff. So locally, it doesn't matter if you take AP biology and AP math and this and that. I mean, in the moment, it might seem really important. But in the scheme of your whole life, it's probably not going to make all the difference. Right, but who you are as a person, the character you have. in this moment and in all moments is going to matter. So it's interesting, I don't think it's easy to teach people, young people in particular, that how to differentiate between the two. Yeah. Because I think when you're a teenager everything feels...

**Speaker 1** [00:07:04] It's just like.

**Speaker 2** [00:07:04] like this. And for now, it's like here, everything's on their phone, right? Their whole world is very small.

**Speaker 1** [00:07:12] the world gets a lot bigger. Yeah. The things you think matter. and just always having that perspective that this is just a tiny slice of the world and there's so much out there. I always say to our kids, we were driving down to, where was it? We were driving to DC or something. And on the way down, we drive past Gettysburg. Yes. And Gettiesburg always has these enactments, right?

**Speaker 2** [00:07:48] reenactment.

**Speaker 1** [00:07:49] Sorry, reenactments of the battles. Yeah, yeah. And so as we're driving, there's this truck next to us with a big trailer. And then he's got like a sign on the side of the trailer. And it's all about this guy basically does like historically accurate reenacments. He's got all the gear, all the clothing, all the camp wear, stoves, all that stuff of the period, the rifles of the Civil War. And you think like, when I was a kid, I didn't know that existed. That wasn't one of the jobs that people told me about. It was like doctor, lawyer, you know.

**Speaker 2** [00:08:31] accountant.

**Speaker 1** [00:08:33] Accountant, President, Fireman, Policeman.

**Speaker 2** [00:08:37] Yeah, that was a weird list.

**Speaker 1** [00:08:39] Right like those those were your options teacher and teacher, you know, you don't know or something like that But like nobody goes Yeah, you can Your job could be like you do anything Civil War reenactments like and that guy's like super passionate about it Like you can just tell when he drove by this guy loved what he was doing

**Speaker 2** [00:09:01] And he's probably really good.

**Speaker 1** [00:09:02] He's really good at it, he's really into it, and it's really cool. But you can't, I don't know, I guess you can get a history degree or something like that, but there's like not a degree in reenactments.

**Speaker 3** [00:09:14] Mm-mm.

**Speaker 1** [00:09:16] Nobody's nobody's telling you that that's a job that exists Yeah, and there are thousands and thousands of jobs like that. There are thousands of thousands of passions like that That no one tells you about So the world is just going to get bigger and there's going to be more options

**Speaker 2** [00:09:34] And no one tells you that your passion can become your purpose or your profession. Totally. Right. I mean, when you're younger, you fall into those categories. I'm going to do this, I'm gonna do that, I'm into do this or I'm to do that. It's a small set. But as you get older, it's like, well, you literally, whatever you have great expertise and interest in, could probably convert that into a career. Thank you very much.

**Speaker 3** [00:09:55] Sure, absolutely.

**Speaker 2** [00:09:56] And so, in a way, it opens everything up, but that also could be very confusing, that it's such a wide set, especially if you're young.

**Speaker 1** [00:10:06] And that, and that's where I think my mother, my mother was kind of really, she would always say to us, whatever you do, just be the best at it. And it doesn't matter what you do. She said you can, she always used the taxi cab driver as an example. And she'd say, you know, like, even if you want to be a taxi cab driver, be the taxi, cab driver in the world. Yeah. Right. And if you do that... First, you'll get really good tips and people will really appreciate the service and you'll raise up, maybe become a manager and then maybe that'll lead to owning a taxi cab company. And then that, if you're the best at that, then that'll lead to like you, she would always make this example. Ford Motor Company might come to you and say, we want to design a new taxi and we want you to help us design it. Yeah, she thought big. And you would be the person that was working with Ford Motor Company on the newest model of car that's going to be used for taxis. Or the city of New York would come to you and say, how should we redesign this system to get better and things like that. So she would always say, it doesn't matter what you choose, just be the best at it. Just work hard and be the best that you can be at it But it wasn't like, oh, I'm only going to be proud of you if you're a doctor or a lawyer or whatever. Like, you do you, but be the best.

**Speaker 2** [00:11:39] And in that sense. That's a good message. Yeah, that was.

**Speaker 1** [00:11:44] That was graspable.

**Speaker 2** [00:11:45] I like that. I like. For me, it was always my whole thing was about just getting to college. I was the first person to go to college in my family. It was never about what I did after college. In my house, it's just get to college and then once you're there, figure out what you want to do. So for me, there was that big sort of goal.

**Speaker 1** [00:12:07] Well, that's the other thing. Again, I guess this is sort of targeting somewhat younger people, but

**Speaker 4** [00:12:14] Our parents.

**Speaker 1** [00:12:14] or parents, but it's like we think, oh, you got to declare your degree. No, you don't. No, no, you don't, and you shouldn't. College is a place, a good college is a place where you can sample from every discipline, every topic, and find what lights your fire, you know? So, uh, to me college was like a smorgasbord, you know, and then I often dropped out but but uh You know, I dropped out of a lot of colleges, but I loved going to class. I didn't like all the norms of class, but I loved going and learning.

**Speaker 2** [00:13:01] What were the norms? Like sitting still?

**Speaker 1** [00:13:04] Like being told what to do, sitting still, having to sit in the first place, but what I loved was the beginning because I would go to the bookstore and I would have a book and I'd find the class that I liked and then I would find the book and then just take it home and read it.

**Speaker 4** [00:13:22] Oh, yeah.

**Speaker 1** [00:13:23] And I would really love that someone who had expertise in this topic had chosen this book was kind of like, and then the syllabus kind of guided you through it. And so by the time the first class had come, I'd read the book.

**Speaker 3** [00:13:39] Mm-hmm.

**Speaker 1** [00:13:40] and the syllabus, and then the class was kind of boring because you just sat there and, you know, you could have done so much more with it if they had done the reading or just read the book.

**Speaker 2** [00:13:52] all at once.

**Speaker 1** [00:13:54] Well, why would you read a book in like you when you sit down to read a novel you don't read it Over the course of six months

**Speaker 2** [00:14:01] So this is a place where, where

**Speaker 1** [00:14:03] You read it as fast as you can read it.

**Speaker 2** [00:14:05] No, no, this is a place where we all have different learning and brains, and for a lot of people, it takes a little longer to digest it and to understand it, so they read things piece by piece. I mean, you know, when we teach our class, we have to break our book down into sections Well, you may

**Speaker 1** [00:14:23] Well, but you asked me why I didn't like the thing. I mean, that's what I wasn't I wasn' criticizing other people. No, I wasn-

**Speaker 2** [00:14:29] No, I didn't think you were criticizing anybody.

**Speaker 1** [00:14:31] So yeah, I just didn't like the structure.

**Speaker 2** [00:14:39] The limitations, is what you're saying.

**Speaker 1** [00:14:41] Yeah, I wanted to learn it. I wanted. No, not always. Sometimes I didn't understand it. But but but I wanted to engage the material in a passionate and an aggressive way. And it didn't seem very aggressive and passionate. Like it wasn't it wasn' It wasn't like let's throw our whole self into this material it felt like do the minimum that you have to do and we're going to do all these things to force you to do it and we are going to test you in a way that doesn't really test you but forces you to do a bunch of things that aren't important.

**Speaker 2** [00:15:20] Yeah, I mean, we've talked about this before, in particular in relation to schooling and our own kids. I actually think the better way to teach is to do a subject for two weeks or three weeks intensively and then do another subject instead of doing a little bit of all seven subjects for a whole year. Get the moment where you can dive into it and it's all you're thinking about and You'll learn it much faster, much more deeply. And so instead of having seven periods where you have 50, I don't know, 43 minutes every day of the week, have three weeks where you learn algebra. And that's all you do is algebra. And it allows you to focus on only that. I mean, that would be cool.

**Speaker 1** [00:16:06] that would be cool i mean or just pitch like a bunch of tents in the quad with your professor yeah and just camp out for like seven days straight and talk about the subject and then you're done

**Speaker 2** [00:16:20] Do you do realize that you add camping and hiking to every possible?

**Speaker 1** [00:16:23] possible thing. Wouldn't that be cool? If you could. Wouldn''t that be cool? Like you're just cooking hot dogs and like yeah yeah I don't know 24-7 24- 7 talking about like sociology or or like yeah whatever whatever is evolutionary biology or something like that.

**Speaker 2** [00:16:43] That would be cool. So you said earlier.

**Speaker 1** [00:16:46] You're mating newts or something like that. You mate newts.

**Speaker 2** [00:16:52] Okay, you could. You could do that as part of the project. Yeah, like a biology class. Remember when Alina had to pull, had to look at something like a thousand fruit flies? Yeah. So that sounds cool. Three weeks. She had to go in and look at them and count their wings and all kinds of stuff. So I imagine I put myself in our son's shoes and I wonder how he reconciled. Because you said nature is reconciling paradox. How do you think he reconciles everything matters and nothing matters in one sentence? Like, how do we reconcile paradox?

**Speaker 1** [00:17:24] Yeah, I mean, I think it's like how you do anything is how you do everything. Right. And so while nothing really matters in the whole big scheme of things, like this thing that you think is so important, this meeting, this deal, this degree, this whatever, none of those things matter in the whole scheme of things like your life's gonna be fine. If I'm not saying it doesn't matter, like, you know, you're not, it's not important to you, I'm just saying that- If that thing that you desire so much doesn't happen, you'll live, like it's not the end of the world. The way you do everything, the way you do anything, is the way you do everything. Yeah. That matters. Yeah, right. So the way you carry yourself, the way you put yourself into things, that matters when you're young. Understanding that and beginning the work on that. Yeah Having integrity that your words and your actions are in alignment. matters. And it's going to take years to build integrity, to build the habit of integrity. And so it matters to start now. It matters to starting young, having character. It matter to start them young.

**Speaker 2** [00:18:48] So it becomes a habit.

**Speaker 1** [00:18:49] In order to learn those things, you're going to make a ton of mistakes. I always say, the drugs and the cars, those are the ones you can't recover from. Those can really ruin your life. Doing something really stupid in a car, automobile accidents, or doing something really stupid with drugs, those can really ruined your life, but ... Not getting into the college that you've decided you have to get into or your parents say you have to do, that's not going to ruin your life. It might actually open up your life to new possibilities.

**Speaker 2** [00:19:28] Yeah, I think when you are talking, it seems to me the job of the parent is to make that distinction for your kids of the things that really will matter over time, always. Like you were talking about integrity and work ethic and things like that. And distinguish that from other things that even though locally they seem like they're the most important thing, globally they're really not. Globally, they're just a blip in the universe of your life.

**Speaker 1** [00:19:58] Yeah, absolutely.

**Speaker 2** [00:19:59] And so if you make that critical distinction for them, like we've done for Carter and the girls, obviously, that's how they learn to see the paradox but understand it and navigate in a way that's useful. And I also think part of it is, we talk a lot about loving reality, is knowing that there are paradox, there are times of paradox that are just, that's what they are, that they exist. And they're part of life.

**Speaker 1** [00:20:31] Well, the paradox is just that it's about the journey, not the destination. I mean, this is the great thing that you realize when you climb mountains is like you make everything about the summit, but then you realize you only stand on the summit for like, yeah, you plan a 30, it takes you a year to plan a 30 day expedition and you stand on the summit for 10 minutes. Yeah, usually you're like you got a headache and you feel shitty and yeah, you know So so if you make it if it was actually about the summit you you just wouldn't do it, right? You know, you've got to learn to enjoy the journey Otherwise, it's not worth doing because ten minutes doesn't doesn't make up for I mean, it is awesome being on the summit it's awesome, don't get me wrong, but you have to find a way to enjoy the journey as kind of a cliche as that sounds. Yeah. And the journey is you're never going to plan it out. It's going to unfold and you're never going get through without making a ton of mistakes and without a bunch of stuff happening that is unexpected. Right. And adapting to those things. And so it's more about the way you take that journey, the way you do life, not what you do, but how you do it.

**Speaker 4** [00:22:05] And who you are when you do it.

**Speaker 1** [00:22:06] and who you are when you're doing it. And so those things matter. And I guess that's the part for young people. It's like young people, they're all thinking about who they're gonna date and how they're going to find love and all that kind of stuff. And it's like figure out who you were and that person that's right for you will show up. I promise you that. You figure out how you are. You have a good relationship with yourself and the right kind of person will show up in your life.

**Speaker 2** [00:22:44] Well, and that holds true not just for young people, but for all people, because how many times have I met, I mean, I've met people who are, you know, 30, 40, and they all of a sudden have a moment and they transform their sense of self. And they, you've seen a lot of people.

**Speaker 1** [00:23:01] But that's a weird paradox if you think about it. Yeah, right. Because it's like, all I want is to find that person that's going to complete me or that's going to, you know, make it so I'm not lonely or whatever it is, right, that I have somebody to hang with in life. Yeah. And so the great lesson is focus on a relationship with yourself.

**Speaker 2** [00:23:25] Yeah, no, I think that's right.

**Speaker 1** [00:23:27] the counter intuitive to finding somebody else and yet that's precisely how it happens.

**Speaker 2** [00:23:37] Well, I think it's funny, too, because it's exactly what you're saying. When when people are entirely focused on how attractive they are and they focus on their looks and they focused on all these sort of superficial things and they're not in touch with the, you know, who they are and the kind of people that they want to be. I mean, I've met many women who say, you know, as soon as I stopped caring, yeah, I I met my the love of my life. As soon as I stopped being all self-absorbed and worried about this and that, this and I'm not. and just sort of started living my life for me, then I met this person or that person.

**Speaker 1** [00:24:13] And that's a paradox, right? It doesn't make any sense, but it makes total sense, which is also a paradox. It doesn' make any sens that in order to find another person that's right for you, you don't focus on that. You focus on something else.

**Speaker 2** [00:24:30] Well, I also think about when you have a kid, we've talked about this before, when you your first child, there's a moment where you realize you are at the same time, more important than you've ever been and also the least important person ever, right? And so then you learn to navigate that, like you take care of yourself so you can take care of your kids and that's an interesting way to think about it.

**Speaker 1** [00:24:58] If I was, if I were to give my young self some advice, that's the advice I would give him is like, you got tons of time to figure it out. Get to work. Yeah. You know, which again is like mixed messaging, right? Because it's like, get to work for sure. Get to. Work today. Yeah. Don't waste a single second and you've got tons of time. a waste.

**Speaker 2** [00:25:28] Yeah, and you'll get there and you get there. Also, it reminds me of what you always say, the micro makes the macro. Yeah. Right. So do things in the small and over time you'll get the outcomes that you want. Interesting. I think that's the key. I think we should name this episode, The Paradox That's Not a Paradox. What would be a funny title for a paradox that's not a paradox? How would you make a paradoxical title out of paradox?

**Speaker 1** [00:25:53] Well, that's the thing is I don't think paradox is paradoxical that's that I think that's the idea when I say that the language of nature is the reconciliation of paradox. What I mean by that is nature just doesn't see it as a paradox and finds a way that it's not they're not paradoxical. They are absolutely

**Speaker 2** [00:26:16] They're like co-existing.

**Speaker 1** [00:26:18] Yeah, they're just coexisting. They're completely together. They are completely symbionts.

**Speaker 2** [00:26:25] Interesting.

**Speaker 1** [00:26:26] it's not actually a paradox like we think it's a paradox but it's not actually. A paradox it makes total sense that think about who you're attracted to you're attracted to people that are just loving life right you're attracted to. People that are like full of energy and loving what they're doing and blah blah blah so if you're focused on oh how am i gonna you know find the right person You're not attracted to that

**Speaker 3** [00:26:53] Mm-mm.

**Speaker 1** [00:26:54] Right? But if you're like, wow, that person loves kite surfing, you know, they're just so or or like Civil War reenactments. I don't know. I was kind of like, that guy's cool. Like, he's super into this thing. He's so into what he's into.

**Speaker 2** [00:27:12] He's living his best life.

**Speaker 1** [00:27:13] He's living his best life and he loves it. And when you talk to the, like we went to the enact, these guys are like researching, like for example, I love ultra white, you know, outdoor stuff.

**Speaker 2** [00:27:27] I am aware.

**Speaker 1** [00:27:28] I've been researching camp shoes. Now that might sound kind of nerdy, but camp shoes are really important because you use them for river crossings and also a lot happens on your feet. And so you wanna give your feet a rest for all kinds of reasons. And so camp shoes aren't critical, but they need to have all kinds of things like flexibility, water crossing, dry ability, pack ability, traction, breathability, all these kinds of things. but most importantly. But most importantly, they should be light, ultra light. So I have been researching the lightest shoe ever made by man. I just think it's cool.

**Speaker 2** [00:28:10] I think what you're getting at is you're living your best life. You're curious about ultralight backpacking.

**Speaker 1** [00:28:17] so our kids like make fun of me because i take a scale to all these stores and i weigh stuff and i think the people in the store think i'm insane because i have like a food scale and i'm putting shoes on them

**Speaker 2** [00:28:30] Because it's literally ounces.

**Speaker 1** [00:28:31] Yeah, no, I'm trimming ounces and I'm drilling, you know, the souls of these things with a Anyway, yes, if I saw that, you know that I would be like, that guy's really into this. I'm not into it, but that guy is really into

**Speaker 2** [00:28:50] Well, I do see that, and I, you know, I think it's great, you know, you are following a passion, you're entirely invested in figuring something out. I mean, that's great. You're living your best life, you doing what matters.

**Speaker 1** [00:29:05] and there's so many cool things in the world that you can that you can pursue. Yeah. Pursue one. I think that's the key is like.

**Speaker 3** [00:29:12] There's

**Speaker 1** [00:29:13] There's so many cool things just pick one and pursue it and then and like if you got it wrong or if you screw it up You're gonna be fine But pick one well, that's where it absolutely matters that you pick something And it also totally doesn't matter what you pick or how you picked it or if You end up liking it or If you end up successful in it doesn't Matter but pick something and be passionate about it.

**Speaker 2** [00:29:42] Well and also know that your passion can change because I think a lot of people get nervous about picking something because they think they're going to be stuck their whole life. Totally. And the truth is just start somewhere and that will lead to another thing and that will lead another thing. And you'll be always doing something you're passionate about.

**Speaker 1** [00:30:00] Yeah, like I remember one time I saw these guys, they were EMTs, and they had cool pants. And I saw him, he was kneeling in the street helping somebody, and it was cool that he was helping somebody. But he also had like little tools on his ankle. that were in little pockets on his ankle.

**Speaker 2** [00:30:25] In his pants, like part of his pants.

**Speaker 1** [00:30:27] And I just thought, those are the coolest pants I've ever seen. Those are cool pants. I want those pants. So I like pursued becoming an AMT and was in an ambulance and, you know, drove an ambulance for a while. Let me translate this back.

**Speaker 2** [00:30:44] Let me translate this back, instead of buying the pants at a specialty store, you actually trained and became an EMT so that you could wear those pants authentically.

**Speaker 1** [00:30:55] Well, yeah, because it wasn't just like literally I wanted to own the pants. I wanted do the thing in the pants!

**Speaker 2** [00:31:03] because he was cool.

**Speaker 1** [00:31:04] with the thing on the, on that cat, you know, it was cool.

**Speaker 2** [00:31:09] And then you did that for a while and then you found something else for a while.

**Speaker 1** [00:31:13] So, you know, it doesn't have, in other words, it doesn't have to be some master plan. It doesn't have to be some, you know, like, perfect plan. Yeah, but I think the plan is going to emerge over time.

**Speaker 2** [00:31:24] I do think we have antiquated mental models about that. I do you think that.

**Speaker 1** [00:31:28] Who us?

**Speaker 2** [00:31:29] No, not people, society, the education system, because what do they do in senior year or junior year? They sit you down like, what do you want to become?

**Speaker 3** [00:31:38] It's crazy

**Speaker 2** [00:31:39] Where do you want to go to school? What do you want to study? And you're like, this kid is 16 and a half, 17. And they don't say, where do you want to start? Yeah, what do you want to do now? What interests you now? Because whatever you do now will then translate into something else later. And in that

**Speaker 1** [00:31:53] But that's what I'm talking about. That's why college didn't go so well for me because it was all about like you have to do some degree program and I was like I want to take this class over here and this class over here in this class and that class in that class and I want this parts these parts of those classes and I wanna bring them together in a unique way and I don't necessarily care about these other parts and I Don't necessarily Care about these other Parts of those degrees that classes are part of. I want to I want to take what I want take and build what I wanna build, right? And I don't understand, like, and the universe is built for that. It's ready-built for that, it's ready built for you to bring together.

**Speaker 2** [00:32:38] The universe is, but the institutions aren't built.

**Speaker 1** [00:32:41] yeah so we should design that we should have mental models that are more in alignment with the universe more in align with reality that that because reality is ready-built for you to take all the different pieces and build your masterpiece build your your thing your vision your whatever yeah and sometimes you don't even know what the masterpiece is you're just like oh I want to do crayons and oil.

**Speaker 2** [00:33:05] But it'll emerge over time. I mean, wouldn't that be amazing if every university was interdisciplinary in nature? It wasn't putting you on a disciplinary track. It's like, you go figure out, dabble, decide what you want. And you know what would happen? The people who landed in a discipline would really want to be there. They would have purposely tried and landed there and stayed there. And that would be cool.

**Speaker 1** [00:33:33] I mean, it takes all kinds, but the point is you can do whatever you want. You don't have to do it the way everybody else is doing it. When I was younger, and still today, if the whole crowd is going that way, if I'm standing here like this and I see a crowd of people running that way I'll go that way. I'll do some different way because that's where the open field is. Yeah, that's where the the lack of

**Speaker 2** [00:34:04] Structure

**Speaker 1** [00:34:06] Structure is and stuff like that. So you can go a different way. You can build something that nobody's built.

**Speaker 2** [00:34:15] So, just like we have talked to our own family and children and things, what do you think people should leave here thinking about? What should we, what is the takeaway from all of this? Because it's been a great conversation, but it's been, you know, we've talked about a lot. So what are the nuggets we should reinforce?

**Speaker 1** [00:34:38] I would say like get to work post-haste and chill out. Yes. Like aggressively work on something, anything and pursue it doggedly in a completely chill way that isn't like constantly worried and anxious and you know worried about whether it's going to pan out or whether you're going to get rich or whether your going to get this or that or the other thing. Like, just, just go. where it takes you. If you start that kind of journey young and start that curiosity young, it'll take you to the places that you need to go. It'll emerge, your life will emerge.

**Speaker 2** [00:35:27] and it'll be amazing.

**Speaker 1** [00:35:28] And it'll be amazing.

**Speaker 2** [00:35:30] embrace those paradoxes, see them for what they are. Yeah. I'm going to say it's time to wrap. We're wrapping it up.

**Speaker 1** [00:35:39] Follow, subscribe, share with your friends, randos on the street.

**Speaker 4** [00:35:47] share.

**Speaker 1** [00:35:48] I think it's interesting because you can imagine, are people actually going to be like watching our podcast on their phone and then just walk up to some random on the street and be like, you should watch this podcast.

**Speaker 4** [00:36:03] Well, we'll find out.

**Speaker 1** [00:36:04] Would they do that?