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The podcasts are recorded at live events so you might hear coughing, airplanes, cars, sirens, laughter, and peoples' questions—all part of the intimate experience. Michael Stone was an internationally-recognized Buddhist teacher, author, host of the Awake in the World podcast, and mental health advocate.

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The Bible says: "Do nothing out of contentiousness or out of egotism, but with humility consider others superior to you, as you look out not only for your own interests, but also for the interests of others." —Philippians 2:3, 4. A child who is raised to embrace that principle is more likely to realize that everyone is superior to him in one way or another.

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