

Speaker 1: Bulletproof Radio, a state of high performance.

Jason: You're listening to Dave Asprey on Bulletproof Radio. Today's episode is recorded live in Miami with my friend, Jason Silva, who was a really popular guest on episode 285. He's best known for hosting the Emmy-nominated global hit series Brain Games on National Geo, which was broadcast in over 171 countries, and you probably saw him hosting the global miniseries Origins, The Journey of Humankind most recently, and it's just awesome work he's doing, and I have asked him to come here for a couple of reasons.

One, we're both in Miami, which doesn't happen that often, so it was a chance to actually connect in person, and also, he's doing an event coming up here, a live event, and I promised him that we would talk about that, and in exchange, he's got to give you guys a discount code, so just up front you know that, but I want to follow up on something we talked about in the last podcast.

So, because we promised to do this, Jason, what's the URL people should know about, [jasonsilvalive.com 00:01:09]?

Jason: Yes, thank you, Dave. Great to see you. For sure, go to jasonsilvalive.com to get all the info on my upcoming tour. We're going to be in Miami on the 29th of March, sorry, Los Angeles 29th of March. Miami, April 3rd, and New York, April 6th. It will be correct on the website, but jasonsilvalive.com, and then the discount code is JASONLIVE and you'll get 15% off.

Jason: Alright, so now you've got that. We'll put that in the show notes and all for you, but that's just a nice gift for Bulletproof Radio listeners, and thanks Jason for that, but you're going to hear now why you want to go to these events, and just why I wanted him back on the show.

Last time, in 2016, he said something, "I'm fiercely optimistic, and I'm philosophically pro to the idea that humanity is an engineering project. It's one that we put all of our labor and creative efforts into. We're the canvas. We're the work of art, and rage against the dying of the light". Of course, he's quoting Dylan Thomas, because he quotes every person on Earth.

Alright, first question, do you have all these quotes stored in your head?

Jason: I do. I mean, I take a lot of notes on the Notes application on my iPhone. I tend to transcribe and write things down that inspire me, particularly if a quote is well-written, I feel like I have to transcribe it, so I take notes, and I write down musings, but it's not like I have to study those notes and those quotes in order to be able to recite them verbatim. It just so happens that when I'm in the zone, I tend to be an associational thinker, so I start talking about an idea, and it creates like a butterfly effect of thought, where these different lines start to emerge, and are served up to my frontal lobe, which actually reminds me a lot of that film Limitless.

Remember when he first takes the drug and he talks about how you just start to connect the dots quicker, and the right thing is just served up in the right moment, the right reference, the right connection. When I'm in the zone, that tends to happen to me, and the rest of my life becomes the labor of cultivating rest, diet, and all these other things, so that when I am in the zone, I have all the resources that I need.

Jason: Right, I know that state. I do that when I'm on stage in front of a crowd, I always have, and it's like I just know what to say even if my slide's all jacked up. It's right there.

Jason: 1000%.

Jason: But, I don't usually quote people cause I don't remember the quotes right. Are you paraphrasing or do you actually nail these quotes, because I think you have the most amazing-

Jason: I nail a lot of them, so here's one that I love from a guy called Sheldon Solomon. He was talking about the ideas of Ernest Becker and the denial of death. He said, "The explicit awareness that you're a breathing piece of defecating meat destined to die, and ultimately no more significant than a lizard or a potato is not especially uplifting."

So, it's like, I remember that line. It was in the trailer to the documentary Fly From Death, and I just remember because it's one sentence, but it's beautifully phrased and, I don't know, something like that just sticks with me, another ... And, people who listen to my work a lot will see that I recycle these quotes, and I remix them and rematch them, so if you really follow my stuff, you see that I end up saying a lot of the same things, but I've actually noticed that a lot of other intellectuals that I follow are similar. The more of their work I consume, the more I start to see where they repeat themselves, and so we all have the song we sing, and we sing it in different ways.

Jason: It's one of the things, I got to see Joan Jett & the Blackhearts at South by Southwest last week, and there's 50 people in the room. It was for game Ready, Player One, the launch party for that. It was totally cool, but it's the same thing. It's the same songs, but they're always different each time, and if you don't tell the same story repeatedly in different ways, if you only say it once, how many people heard it? So if you have something important to say, I think the people with the most important things to say, learn to say it really well, but just hats off.

I mean, I watch what you do. You're walking down the beach, and you're philosophizing, and it's really an unusual skill. I don't actually watch a lot of YouTube, but I see your channel and I like the direction you're thinking. Philosophically, we're in agreement, but your delivery is awesome. I want to know, were you hacking that? Do you have a guy holding a screen in front of you? And the answer is no.

Jason: No, no actually. But, the hack does leverage inducing a flow state, so it's figuring out how to get outside of my own way. And so you trust the 10,000 hours in terms of all the reading, all the thinking I have been doing, all the notes I have been taking, and that's all happening sub-consciously all the time. I just do that by default, but then, when the

moment comes that I'm in the beach and with my camera guy, the only real preparation that took place is to make sure that I rested well the night before, and that I have the camera guy around. The actual delivery, that's the magic that I have to trust. If I take care of all the other variables and all the other triggers, then once I'm in a flow state, it's going to be meaty.

Jason: You'll just bring it.

Jason: Yeah.

Jason: It's also a lot more authentic that way, and if I script too much ... I'm giving a talk at the Rob Report here tomorrow -

Jason: Kill it.

Jason: - you know, for these global elite people on how to hack yourself. And they're like, "Do you want to rehearse"? I'm like, "God no, I would say the wrong thing". I don't rehearse because I know.

Jason: You're hitting the nail on the head right there. I'm an introvert, you know, so I get up in front of stages as well, a lot, I do a lot of corporate talks. That's kind of been my bread and butter when I'm not doing Brain Games and not doing videos, is that I get booked by Microsoft, Cisco, Oracle, all these companies. Come talk to us about the future, because I made a lot of content about AI and singularity and all this stuff.

I don't have slides, and all I do is ... I'll bring four or five my short videos to show, but really those videos are like a story arc, because if I know I'm going show these four clips, then I know that no matter what I'm talking about on stage, I eventually have to land in a place where I can queue one of these videos. These videos will give me an orientation and a direction, but ultimately what I have to remind myself, before I get on stage, is why am I here. What do I care about? Why is this significant to me, and that gives me the psychological permission slip that frames the encounter in a way that I feel, okay, I'm here to tell the truth. I'm here to talk about why this is significant to me. What do I believe?

If you remind yourself, and ask yourself, what do you believe, and you actually have something you believe in, and you can talk about it ... It's amazing how reverting to honesty and authenticity just clears the way for flow.

Jason: It's breaking every rule of professional speakers. I've studied how to speak for 20 years, because I was frankly nervous as all hell the first time I ever spoke on stage in front of a crowd. I don't even know what I said, and most people-

Jason: I remember that feeling.

Jason: You do too? Okay. Most people go through that, so I have trained with some of the world's best speaker trainers just to learn how to really bring it to an audience. I find the

more I do it, the less I want to follow their advice. I got this, and it always seems like it comes out better the less preparation. You've reached the same level, and it may be because you have a mission, you have a reason for being there, and it's not because you got a check.

Jason: Yeah, very much so. I mean, for the corporate talks, it's very simple. I have made a lot of content about disruption, and disruption has become a kind of religion, particularly in Silicon Valley, where it's like, disrupt yourself or someone will disrupt you. There's really kind of three themes that I have to remember to tell these people.

One is, my primary love is creativity and imagination, and this has turned into a love for tech. The reason why I'm a techno-optimist is because I believe that technology, at its best, is just the embodiment of creativity and imagination. So, that's the leap right there. If you're in creativity, and you're into imagination, how could you not be into technology, which is the literalization of human creativity in the world. Here is the human mind turned inside out in the form of this computer, in the form of this iPhone.

I remember once, the etymology of the word psychedelic means to manifest mind. What is the manifestation of the mind, more literally than an iPhone for example? That's the manifestation of your mind, so our tools and technologies are psychedelic so to speak. They expand the boundaries of the mind. They literalize the mind, and so that connection already gets me really excited.

So, if technology is the extension, or the embodiment of imagination in the world, and then we use technology to overcome our own limitations, we're essentially reverse-engineering our own minds to create tools that transcend the limitations of our minds. And once I made that connection, I'm off to the races, because then it's, not only do we make these tools, which are extensions of our imagination, but these tools are advancing at an exponential rate. Then I can start paraphrasing Ray Kurzweil and talk about the Law of Accelerating Returns, and the super computer that went from half a building to the device in your pocket, and the device in your pocket being a million times cheaper, a million times smaller, and a thousand times more powerful. And all of a sudden, you have an audience that maybe wasn't even thinking exponentially. They have a real world example of exponential change.

Because, it's like wow, the super computer that was half a building now fits in your pocket. Holy shit, and guess what? In the next 25 years, it will be the size of a blood cell. Oh. You mean, using that same extrapolation, those same exponential numbers, that's where we're heading? As soon as I have said that to them, I have also said it to myself, because as soon as you make a statement like that, you're like, don't you realize how this changes the game for humanity? If all digital technologies are subject to these same exponential growth curves, then what becomes possible is unbounded in any way. It's beyond our intuition, because our intuition is still linear.

Once I have established this, and I have a video to show for it, then it becomes a motivational talk, because now it's like, guess what? Disruption is nothing to be afraid

of. It's actually the greatest opportunity we've ever had to use these tools to impact humanity in a positive way.

Jason: I love this stuff.

Jason: That's how I get started.

Jason: I've got to ask you, and you listening to that, you can tell he just went into a flow state right there, like his eyes changed. It was pretty cool, and there's a thing though. If you use technology to off-load the drudgery from your mind, which is what a lot of this is about, and in fact, all of technology, even going back to like fire and blankets and baking powder, were all technologies to do less crap, dish washers, all this. So, it's a long arc we have been on. It's just accelerating rapidly.

But, what do you do when you have off-loaded all this stuff? What's left in there, and what are we going to do with that?

Jason: That certainly raises the question that concerns a lot of people. Is that, as these technologies take over more and more the things that we used to do for a living, like replacing jobs, it raises concern, what happens when we create an economically useless class? You know, Yuval Harari, who wrote *Sapiens* and *Homo Deus*, wrote in the *Guardian* recently about how to find meaning in an age where there is no work, or a post-work age.

Jason: By the way, he's one of my favorite authors-

Jason: Me too.

Jason: And, my book came out on the Near Time Science List sandwiched between his two books, and I was like-

Jason: Wow, congratulations, dude.

Jason: It was the coolest thing that ever happened. It didn't just hit the list, I was like thank God, but between his two books, so *Homo Deus*, everyone listening, you got to read that book.

Jason: Yeah, I mean, he's brilliant, but his whole thing that blew my mind, because it was speaking directly to that question ... because you're right. Some of these tools we use to augment our innate capacities. This microphone is not going to replace my job as a speaker, but it's going to amplify my voice. That's fine, but there are going to be other tools that will replace certain jobs completely. They won't just be amplifications of human capacity. They'll replace human capacity. And so it raises the philosophical question of what are we going to do with ourselves? Because if people don't have a purpose, if people don't have a noble aim, they get depressed. They get anxious. I mean, the existential reality of our condition becomes a real burden when you can't distract yourself with some kind of job that gives you, or fulfills you, with meaning.

What Yuval Harari said is that we're probably going to spend most of our time in virtual realities. That's the truth. Ready, Player One.

Jason: Do you believe it?

Jason: Well, here's the thing. He also said that we've already been doing that. That human character is a virtual reality. We live in this abstract, symbolic world where we give ourselves names and identities, and we wear fabric to cover our genitals, and we wear brand names. And whatever religion or nationality you are is also virtual reality, and the virtual reality, once you invest yourself in it, becomes real. It bleeds into the real, and so, he says, we already do that, again, with religion, with identity. What's the difference between that, and then eventually, having VR systems where you can beam your nervous system directly into this VR world, where you can be a hero? Again, I think-

Jason: It's a linear thing.

Jason: It's totally valid. Yes.

Jason: Are you on smart drugs right now?

Jason: No.

Jason: Why not?

Jason: It's funny, I feel like I need to hang out with you and ask you every question I have about smart drugs before I take them. I'm very neurotic. I recently did a session of psychedelic assisted psychotherapy with MDMA, but my friends have experimented with MDMA for decades. And I wouldn't do it, because I don't trust if it's adulterated. I don't know if it's pure ... It took me months and months and months of research until I found somebody that I trusted who had a degree in psychedelic assisted psychotherapy, who had 15 years as a registered nurse, who had worked with people who had worked with the PTSD. And finally it met my criteria for okay, I feel safe. Let me try this.

Jason: I still haven't done it, and I have done other altered states with also licensed therapists who really know what they're doing instead of going to Disneyland like a dumb ass.

Jason: I think when it comes to smart drugs, I want to have a sort of acute understanding exactly of what it's doing before I sort of over-

Jason: This is all you? Just the way you are now.

Jason: Oh, yeah.

Jason: Alright. That's awesome.

Jason: Yeah, but it's not all great all the time. Maybe, you could talk to me about hacking anxiety and sleep. Sometimes, I have had issues with sleep, because I have a very active

mind. But usually, I get into these cycles of anxiety where, and again, maybe this is the other side of the super power of being able to get on stage without a script. But I'll be in bed, and I'll be like, okay, I'm tired, and I got to get up early tomorrow, so I should get some sleep. Let's go to sleep. Oh, I haven't fallen asleep yet. Oh, damn. I'm not sleep yet. Now, I'm anxious that I'm not asleep yet, and now the anxiety is making me less likely to fall asleep-

Jason: Oh, do you get anxious about not sleeping?

Jason: Yes.

Jason: That's actually really common. We got to totally talk about that.

Jason: Great.

Jason: Yeah, that goes back, and you already know a lot of this, but there's always childhood trauma. If someone's pissed at you when you're 18 months old, "Could you just go the F to sleep?", like the name of that book. It can get stuck in there, and, oh my God, if I don't go to sleep, I'm not a good person, and it creates the anxiety, and your cortisol goes up, and adrenaline goes up, and all of a sudden, you can't go to asleep. There's also fear of hunger-

Jason: I get that in bed, because I use food. I definitely use dinner to get my body ready for bed. I'll sometimes eat, maybe even more than what is necessary, so that I can be full and start to doze off.

Jason: Oh, wow.

Jason: And, when I don't, if I have a lighter dinner, and then two hours later when I'm in bed, if I like already digested, and I'm not full at all, I'll sometimes be like, oh man, now I'm getting hungry again. So fun.

Jason: Alright, if you want, I'll take more than the show or something, just probably take a half hour, we'll have the whole focused conversation on that. I'll tell you how to hack it. One thing to do, this is going sound crazy, but you probably talked about [EMDR 00:16:05] in one of your videos-

Jason: Yeah, I did it. My friend's mom-

Jason: Do EMDR on this. It's completely transformative. There's some neuro feedback stuff that's possible too, but I managed ... I turned off the voice in my head. I had this mean, critical ... It would like, try to go to sleep, and there's all, oh, what are people thinking? Did I do enough? And all of this stuff, and I got real successful with that voice, but it was painful, and then I lost it all anyway, and then, now when you get rid of the voice, you're like, okay, I can just be in that flow state more easily. And sleep happens in under three minutes for me every single night, without-

Jason: Really?

Jason: ... every single night.

Jason: That alone I would sign up for in a second, bro, because, I know that for me sleep, is a way of regulating my emotions. I would say temperamentally, I would say that I'm very open and very creative, but also very prone to neuroticism. And maybe it's the Jewish upbringing, maybe it's the childhood divorce, maybe it's growing up in Venezuela where crime and home invasions were always like a threat. There's definitely some PTSD, control vigilance issues for sure. But for me, sleep is the great reset.

When I'm strung out, when I haven't rested well, everything is more difficult. Emotionally, I just find everything more overwhelming, and one of my fears when I can't sleep is, oh my God, if I don't sleep all night today, and then, what if tomorrow, I'm so strung out from no sleep that I can't sleep tomorrow, then I'll have a psychotic breakdown. And I start worrying all the way to the idea that I'm going have a psychotic breakdown from lack of sleep. I'll go all the way to the extreme.

Jason: There's something called ... sleep stress condition, I probably have the name wrong, but the Navy Seals and all of basic training, is around can you perform at a functional high level on zero sleep? I kind of inadvertently did that. It's what happens when you have kids, so I'm starting Bulletproof, I'm working full-time as a tech executive, and I'm like, "I'm going sleep no more than five hours a night." It was part of an experiment to see, can I do this? Also, I already have a kid, a new baby, I'm not going sleep more than five hours a night.

I'm just going bring it, and then I stack modafinil, like the limitless drug from the movie that we talked about earlier. But I have taken that for several, actually, for eight years, and it was like, alright, I got this, and after a while, I could run on two hours of sleep, three nights in a row before I would hit the wall. It wasn't good for my biology. It was bad for my biology. It increased risk of all of these things, but like my anxiety about it was just gone-

Jason: I think I'm going come hang out at your compound for a few days.

Jason: There are better ways, that was maybe not the best way to do it, but there's a few things, just do EMDR. Just go in there and be like, I don't know exactly when, but I got a thing about sleep, and I swear, you'll see it like shrink down in your mind and it'll just kind of shoot away, and what used to be a labeled trigger for you, is just gone. No willpower required.

Jason: Sounds like bliss, bro.

Jason: What are your thoughts on THC now that cannabis has gone full recreational legalization in California? And screen writers can finally buy pot without getting arrested to work on their scripts.



Jason: It lowers blood flow in the brain, which is a concern for me. I already have a little bit of low blood flow just probably genetically, or whatever the way I came into the world, and I work to increase oxygen in my brain, not decrease it. We have hundreds and hundreds of different endocannabinoid receptors in our brains, which means the right CBD oil, THC combination for your neuro-chemistry-

Jason: Different than yours.

Jason: It's not mine, so the answer is, it could be really good for you. It can be not good for you, and the specific blend, strain, and process of it ... You've got to find one that really works, and if you're doing it all the time, that blood brain thing is kind of important. So, I'm not opposed to it. I think all this stuff should be legal, so we can have control and freedom.

Jason: You know, it's interesting, I had a conversation with Steven Kotler from the Flow Genome Project-

Jason: He's a friend.

Jason: Yeah, exactly, and he has this joke, and he's like, "The quickest way to a flow state is 20 minutes of aerobic exercise, a shot of espresso, and a joint". I actually asked him about it, because I can definitely testify that I think like low to medium doses of cannabis, under the right conditions, increases lateral thinking, and increases pattern recognition, because you get a flood of dopamine, which gets you basically reading more information from the environment. Of course, your framework of interpretation matters, because more information from the environment can mean more anxiety or more bliss.

Jason: [crosstalk 00:20:22].

Jason: Correct, so for that reason, in the right environments, I think cannabis is remarkable for associational thinking, for improvisation, whether it's jazz or a rapper that's freestyling, versus a rapper reciting memorized lyrics. Freestyle, because of the lateral thinking increases, your associational net expands. I can verify that cannabis is exceptional for that, however, by that same token, anything ... If your awareness is in any way hijacked by some kind of negative thought, if you're prone to emotion, then anxiety becomes a real problem with THC. This is so good for creative and associational thinking and for bliss in the right environment, but one bad thought, and you could spiral into negative land, which is very, very unpleasant.

Jason: Yeah, you don't want to get stuck there. The other thing that might be less of a problem there is a micro-dose of LSD. We're talking five percent-

Jason: I heard that this stuff is down ... the thing. Have you tried it?

Jason: I have tried it. I mean, I go to Burning Man, but that wasn't where I tried it, because I tried it 200 miles offshore, obviously.

Jason: Of course.

Jason: And, what you do with that is, and a lot of people have written about this, talked about it for years, and there's really good research out there now that says you can use it as a cognitive enhancer. I don't use it regularly, because I don't want any legal risk. Piracetam does essentially the same thing, but something that works really well is that shot of espresso, some coffee, and if you want dopamine, you can actually use nicotine. But don't smoke, because smoking is terrible for you. Oral nicotine raises dopamine, in fact, I'll try some right now. There, one milligram micro-dose.

I use this as a cognitive enhancer. It increases typing speed by 15%, so that dopamine hit the lateral thinking, and I believe that the vast majority of great works of written work throughout history, at least the last long time, were on either tea or coffee and nicotine and occasionally but less likely, alcohol or THC. There's a reason for that.

Jason: So spraying nicotine like that doesn't have any ill effects?

Jason: Well there's studies that show that nicotine protects your kidneys, when it's oral, not smoked and it increases something called PGC-1alpha, which is what happens when you exercise. So it's an exercise-mimetic, a cognitive enhancer, and it increases the growth of new blood vessels, which you want in your brain.

Jason: So none smoking cancer crazy stuff has anything to do with the nicotine, that's just smoking that's toxic.

Jason: Smoking is like 5,000 substances and it's bad, and you should never smoke. Even chewing does bad things like that. There is one study in rats that said large doses of oral nicotine raise cancer, but they couldn't replicate it in humans, and the problem is that if you have a tumor that needs more vessels, growing blood vessels is a bad thing. If you have no tumors, growing new blood vessels, let's see, that's what your body does as you stay young. You want that in your brain, you want that in your heart, you want that in your organs.

So I consider this a mitochondrial enhancing, life-extending substance that also makes me smarter, it makes me a better writer, I write my books with it. It's amazing.

Jason: Stephen [crosstalk 00:23:18] smokes cigarettes and it's one of his worst vices, but now I get it.

Jason: Oh yeah.

Jason: He's a writer.

Jason: The problem is, smoking comes at a huge cost because you got about four hours of vascular dysfunction from smoking. French fries? You get 24 hours of that, so I don't eat french fries. Yes, I drink my bulletproof coffee. Yes, I -

Jason: French fries, no french fries huh?

Jason: Anything fried, man. Fried food is so bad for your thinking.

Jason: Dietarily right now in terms of functioning well when you're awake, sleeping and digesting well. Where are you at these days? Because I have an uncle, who's like macrobiotics, right? Apparently that's like shrunken his tumors, he's dealt with some cancer stuff, my aunt's husband. But then other people are like ketogenics. I recently was listening to Jordan Peterson talking about how he's like, meat and greens, meat and greens and it cured all this stuff.

Jason: It's actually a problem. One of the early keto voices, I was like cyclical keto. Where I am now is the bulletproof diet, it's this roadmap. It's basically in the morning you have nothing or you have fat. You want to be in fat burning mode, fat suppresses appetite, you feel really good. At lunch, you want to have a plate covered in vegetables, and vegetables that work for your biology. Not all of us can digest all vegetables, and it's fine if you just don't like peas just don't eat peas, that's good. Then you put a ton of fat, and here's the difference between keto and that. A moderate amount of protein, not a large amount, small to moderate, because too much protein is inflammatory. Dinner is similar but at dinner I'm going to have sweet potatoes, white rice or some starch, because if you don't feed the bacteria in your gut it's not going to work.

Sometimes I'll fast, and sometimes I'll go for several days until I'm in deep ketosis but I'm pouring brain octane all the time. I'm always in ketosis a little bit because I'm adding ketones. That means your brain gets fuel from fat and from glucose at the same time, which isn't biologically possible without technology. You're supposed either to be fasted, burning ketones or eating and burning sugar.

I'll burn both, and when you do that your brain runs clean, and you're like, I can do things I couldn't do before.

Jason: God, when can we all have our own personal Dave Asprey?

Jason: Let's hang out man.

Jason: I mean, I want to be president of a country so I can like make you the official health consultant for the nation. Dude, this is brilliant hearing this. I love the idea of hacking ourselves, because it goes right back to my existential concerns about being human.

I remember reading a book by Alan Harrington called The Immortalist, which by the way you should ... this is another quote I would never forget, he says, "Any philosophy that accepts death must itself be considered dead, its questions meaningless, its consolations worn out." I don't know where you land on this idea of ... obviously you're in to radical longevity but ...

Jason: My goal is 180 right now, at least 180.

Jason: 180.

Jason: Yeah, and it's been in Men's Fitness and all these things, and people are like, "Are you nuts?" I'm like, "Are you kidding me?" I don't even think that's aggressive.

Jason: Exactly.

Jason: That's 50% more than we can do now, and I've got 100 years to play with. If tech doesn't get better in 100 years it's because the world's a smoking rubble.

Jason: Yes I completely agree.

Jason: What's interesting is how people love to ennoble entropy, aging and death and they're like, "Oh it's a natural part of life, and you should accept it, and it's beautiful." I'm like, man anything that takes away sentience is not beautiful. I want more life, I want more creativity, I want to create more beautiful things in the world. I want to play with my own aesthetics. I want my cognitive apparatus to be this DJ board, where I can manipulate and steward the contents of my consciousness.

Jason: I think death is beautiful.

Jason: Oh, you do?

Jason: Here's why. My goal is to die at a time and place and by a method of my own choosing. And it's beautiful because there's freedom in that and the freedom is maybe I decided I was done. Beauty comes from freedom. The ability to make a choice. And also maybe there's some cool stuff that happens after that. There's more people on Earth who believe that than don't, a lot of old mystical traditions. I've seen some crazy stuff during neurofeedback, during holotropic breathing and various therapeutic things. Maybe there's something cool to play with there. I don't know but I'll find out later, a lot later. In the meantime, living to 180 doesn't mean being in a wheelchair for 90 years. It means looking like I do now for that amount of time. Thinking actually better than I do now.

Jason: That's what I want too.

Jason: Right? It's not in their picture of death. It's not in their picture of aging. When your picture of aging is, "I want to kick ass my whole life. I want to do everything I'm here to do. I'm going to serve the people around me. I want to be a part of my community. I want to love my life and love the people around me" ... actually, I think I want to live to 182. That's a different story. It's not a verbal story, it's a visceral felt story. That's what I'm working to break. I think you are too and a lot of the anti-aging people.

Death does not mean weakness then death, it just means lights off.

Jason: I think that we're definitely aligned. In fact, to briefly mention the tour I'm doing, I have these videos that I've been doing on the internet, the Shots of Awe.

Jason: Yeah, they're great.

Jason: And separate from the Nat Geo shows and everything, these videos are me taking the fire in my belly, my existential angst and my existential concerns and essentially raging against the darkness out loud.

People talk to me if I have a contemplative practice, if I meditate. Yes, I have a technique whereby my inward journey is expressed outwardly. When I make my videos, the reason that I have to go to someplace that I won't be interrupted, whether it's the woods or nature or whatever is because I'm having a contemplative experience. I'm having an inward journey. But I'm expressing it outwardly, so that the camera can record it.

I'm appropriating the landscape. The forest and the spaces that I'm at are informing the trip that is being had out loud for people.

Jason: You're practicing a shamanic practice when you do that.

Jason: One hundred percent. I'm in a complete state of no mind. Yeah.

Jason: That's why your videos are so watchable. I just look and I'm like, "Damn. How does he do that"? But thank you for sharing that. That's awesome.

Jason: I'm in a profoundly altered state when I do the videos.

Jason: You're also that way when you're on stage because I've seen you. If you're listening to this and you're going to be in one of those cities, it's actually worth your time to go see Jason because it's actually epic and he says the craziest and most profound stuff that just isn't linear. I find it kind of mesmerizing.

Jason: Yeah, because it's associational, right? The trick is how wild and out there can I go in my associations but still summon coherence ... still bring it back and land it. So that it doesn't feel like you just went off the deep end.

The difference between this particular tour, obviously, I do a lot of corporate events. I'm always traveling and speaking. People are always like, "Can I come? Can I come?" I'm like, "Sorry, it's a closed event for Microsoft you know."

In this case, I did a tour last year in Canada as well as in Australia that were both open to the public, right? And I was a little bit nervous because I don't know who's going to come. I have a pretty big following online but that's different than people buying tickets to see you.

Dude, Vancouver and Toronto alone we had 1,000 people in each venue. That's astonishing. A bunch of people bought tickets, came to see me and so, when you walk on stage with your people, it's very different than a corporate event. I don't have to go right into innovation and tech. I can get up there and be like, "Hi everybody". I'll be a

comedian right off the bat. I'm like, "Wow! This must be what it's like to be a standup comic!"

All of a sudden, I can share with them my neuroses and my fears and my anxiety right off the bat. I'm like, "Wow! I didn't know any of you were going to show up. "And they're like, "Hahahaha!"

Why am I here guys? I guess I'm here because the central preoccupation of my life is meaning and making sense of our situation and dealing with our mortality and existing at the interplay between the finite and the infinite. What the fuck do we do? And now we're off to the races.

The videos that I do are very different and so for people, it feels like they're hanging out with the guy from the Shots of Awe. Rather than keeping it limited to tech and innovation, it's a much broader, philosophical hang. You know. It's like a fire-side chat where we're watching videos, talking about the videos, and we had such an extraordinary reaction.

Ben, was with me, my partner in the tours. We just couldn't believe what was happening. There was 1,000 people there that were hanging on to every word. They were with me on that ride, dude. That's the closest thing to tapping into the infinite that I've ever experienced. In that moment, I was like, "Oh. Okay. All contradictions are reconciled. This is it. This is what I'm here to do."

Maybe I'm just high off of my own performance in that moment because of the feedback that I'm getting from the audience but again, any musician or performer whoever feels that can testify that in the moment you're like, "Okay. This is what I'm here to do in the world." I feel connected to these people.

Jason: Any of the meditation traditions, you get a group of people like monks meditating in Tibet, there's something about doing the same thing in the same place and it's way amplifying. I feel the same thing. Especially, if it's your people. People who get it. It changes things. You do that because you like how that feels and it lets you talk about stuff that corporations don't want you to talk about.

Now, what's next for you? Do you believe in enlightenment? Are you going to do some crazy meditation? Are you going to implant electrodes in your head? Where do you see yourself going?

Jason: I'm really interested in this neurohacking space. I've been lucky with my career to have done Brain Games and to have a successful TV show under my belt, and my videos, and the ... thankfully opportunities keep showing up.

I'm really into this idea of the unknown unknown. I don't know that I want what I don't know about yet. I like to organize my life in a way that synchronistic opportunities show up. That way I don't need the burden of deciding exactly what I want.

Jason: I've got one for you. You know I run a two and a half million dollar neuroscience facility in Seattle, with custom hardware and software for hacking your brain? I don't know if you even knew that-

Jason: I knew you had a compound in Vancouver.

Jason: No, this is in Seattle. [crosstalk 00:33:23]

Jason: Seattle is more thorough than your Vancouver place?

Jason: The Seattle one is neuroscience. It looks like Xavier School for the gifted, but it's a five day, intense neurofeedback program, five different kinds of tech on your head, including stuff we developed specifically for going in the editing the response patterns and putting you in the state of someone who spent their life meditating. I spent four months of my life doing that.

The whole neurohacking thing, it's absolutely real. It's just most of neuroscience is like how do you fix a broken brain? No, no, no. How do you upgrade a completely epic brain? And that's real.

Jason: That's what I want then. I have to go there Dave. What I'm interested in now is fixing the flaws in my system. The things that are not working. The occasional situation with anxiety and sleep is a problem that I want to fix.

I try to eat well but I need to optimize that. I want to optimize my diet radically in a way that still fits my mobile lifestyle. Certain things like that ... I just want to optimize the system so that I can serve my creativity in the next level. I think that that will just attract opportunities of the next level.

Jason: We found that when people have base levels of ketones, not a huge amount but this is what you get from brain octane. Yes that's a plug. Sorry, don't know how else to say this but people can do two and a half times more intense neurofeedback, which is similar to meditation before they hit the wall. There's a point where I just can't concentrate anymore. I have no more energy. We pushed out the amount of time you can do the work by two and a half times with ketones.

I'm going to perform well when I'm not hooked up to a machine ... Having those is one of the most important neuro enhancers out there.

You get into this idea. What are all the other things? And the deal is that there's always more and you don't have to be perfect and you only do the ones that have a high ROI for you. The complexity in this whole world, all the stuff we're talking about, even spiritual growth and progress and all that, it's not the same for everyone.

There are base rules. Stop doing the stuff that makes you weak. Turn off the bad programming in your head. Everyone benefits from that. But my bad programming is different from your bad programming. My biochemistry and neurochemistry is different

so THC may completely rock your world. It may make me get hungry. We just don't know until you test it and measure it. That's something that's just changed my life. It's 100 pounds that have come off but I think we're getting to the point where-

Jason: I can see the musculature in your forearms alone bro-

Jason: Oh thanks man. I should workout sometime.

Jason: It's funny because I had a friend in high school who was a rock climber and he got me into it. I used to do a lot of bouldering in high school. Rock climbers have these very interesting physiques. They kind of look like surfers except they have these Popeye forearms that are just the most beautiful things. I remember my friend in high school. He was a skinny dude but his forearms were like Jean-Claude Van Damme or something. I always was like that just looks immortal. It looks solid.

Jason: I have that on one side because I worked at Baskin Robbins and I'd scoop ice cream all day long and I had the most ripped right arm and elbow musculature and my left hand was a little twig. It was not a good look for me.

Jason: Brilliant. That's funny. That's funny.

I think this tour will be very exciting. I've been doing some recent content in Spanish as well, which is interesting because I grew up in Venezuela. Brain Games had a lot of success in South America, so I have a big fan base in the Spanish speaking world. I've don't a lot of keynotes in Mexico, in Colombia and I can do them in Spanglish. Which, it's really cool to talk about exponential technologies, innovation but also the human experience and be able to bring them in their own language. That's opened up a different world for me.

These events open to the public, not that I don't appreciate and love the lifestyle of having the chance to do these corporate talks, as you know, it's ... These events open to the public, they open up the possibility of freedom to create my own schedule.

I can just pick cities where I want to be in for a period of months and plan it around that, you know?

Also, this idea of the relationship between flow states and your geographical surroundings ... that's huge for me. I remember reading this article called The Psychological Impact of Boring Buildings. It's all about how bad design, whether is colors, shapes ... bad design creates anxiety, adds stress, spikes cortisol. But, the inverse is also true. Good design uplifts mood. Good design boosts cognition.

I've always been a fan of European cities for this reason. I love going to Amsterdam in the Summer.

Jason: One of my favorites.



Jason: Me too, dude. And that whole city, when the weather is nice, is like a flow state embodied in a cityscape. Everybody's on bicycles like you're in Disneyland dude. It's frictionless. You're just always flying through the urban landscape on your bicycle and this is so different than sitting on the 405 Freeway in Los Angeles. This is reality?

When I go there, the output of videos for me is multiplied by a factor of ten. I'm riding on my bike and we go to a café and have an espresso and smoke a joint then get back on our bikes and then we're like, "Okay. I'm inspired. Stop here and film." Nobody bothers you. You can film anywhere. The whole city becomes the backdrop.

Sometimes I'm like I should move here, but the corporate talks are in Orlando and Vegas and all these other places-

Jason: God Orlando. If I after have to go to Orlando again ... those hotels ... the Disney, Swan and Dolphin. Anyone who has been on business travel has been to those hotels and everything is styrofoam. There's nothing real in those buildings. It just makes me want to cry.

Jason: No, totally. If I could do more of these and not feel a sense of obligation to every corporate talk, for the artist in me that would be very freeing.

Jason: I think it's also an act of service. You're going there and people there ... Part of the reason events are important like that is you get to meet people who care about the same stuff you care about so it builds community every time.

Every time you give a talk, every time I give a talk, every time anyone with a following does that, people are like, "I thought I was the only one." There's thousands of people like me. These are my people. I want to make friends. That changes the world.

Jason: It feels, subjectively in that moment, like everything's going to be okay. Ultimately, that is probably the most delicious feeling on the planet. It's like being back in the womb and your mom is saying everything's going to be okay, everything's fine. My God. Everything's fine. All these wonderful souls are lit up and they are all in this dance with me and we're going to be fine. That's so nice.

Jason: That's why you had a thousand people show up in Canada ... It's hard to get a thousand people in Canada because there aren't that many Canadians. I live up there. There's only 30 million of us. I think you're going to find ...

Jason: In Sydney and Melbourne, we were at this event called Think Ink, and again it was also open to the public and the meet and greets afterwards were just insane. It was like so much love. People are thanking you. They're thanking you from the bottom of their heart. That feels so good because that's how I feel for people who inspire me. I have this feeling of selfless thank you where it's like I don't need anything from you besides what you've put into the world already. I'm just grateful that you exist for what you might put in the world next. When people treat me that way, that's a crazy feeling.

Jason: It feels really good when someone says that talk just changed my life. And when you know they're not just saying it because they think you want to hear it just because they're saying it. You're like, "What did that do for that person?" So now they're going to pass it on.

That's one of the things that's creating much more rapid change in society, that whole exponential curve or following. The ability for new ideas to come out and percolate and then become obvious even though five years ago they were crazy ... I've never seen anything like this.

The speed of disruption has gone through the roof and awareness is part of disruption. If it's disruptive and no one knows, it doesn't count. Our ability to just know and connect and meet other people, it's brought all these topics like neurohacking, which would have been science fiction even ten years ago. No one would talk about that with any credibility. Actually, I've got electrodes on my head at home, I'm just not going to tell you about it. All of a sudden just pop. All of a sudden there are billionaires investing in it.

Jason: It's very exciting and you probably follow Steven Pinker quite a bit.

Jason: Oh yeah.

Jason: I kind of love his optimism and the new stuff he's put out in his book about how the enlightenment is working and it's still working. I think that in spite of the fact that main stream news outlets still flood and overwhelm us with doom and gloom ... I think there's radical progress happening.

You probably heard the whole intellectual dark web thing where people like Sam Harris are reaching more listeners than mainstream news is. It's like cool that all these smart, intellectual people are existing and emerging and adding to the conversation in the world.

I'm stoked. I remain optimistic.

Jason: Are you at all concerned about censorship? For me, the fact that we can talk to you on the internet right now is cool.

I also helped to develop systems that made the cloud happen. I know how easy it is to turn on a filter. Imagine if you're the person in charge of Siri. Everyone dictates their text messages. Now, if you were to take the word, let's say the word God, and you didn't like God. Every time someone says God, instead it spells some other name, just randomly puts Chad instead. All of a sudden-

Jason: [crosstalk 00:42:39] ... slowly it can make that evolve out of the-

Jason: [crosstalk 00:42:41] ... which means out of kabillions of transactions all of a sudden, the incidence of this in our conversation goes down and down and down. It's not like you turned it off because people get mad, you just change the stats. I'm really concerned-

Jason: That's scary-

Jason: ... that we're doing Facebook and Twitter and all these, is that junk news? Is that not junk news? Or fake news or whatever? It's not about turning it off. It's about just changing the slope of the curve.

Jason: Definitely concerns me.

Jason: You're concerned as well? Don't mess with our language. Don't mess with our ability to communicate. Any time someone says, "You're not allowed to say that" it's like I guess that's why they have guns. I don't really know. You're supposed to be able to speak, by the way, I'm not in favor of people running around shooting each other at all. That's why the framers of the Constitution said you have to be able to protect yourself. That's why free speech is[crosstalk 00:43:27] free speech.

Jason: That's where it becomes interesting because I definitely consider myself a free thinker and a liberal. But then if you have an opinion that doesn't fit the liberal mainstream, you get typecast as a ... oh this person is all right or something.

What's interesting with the politically correct stuff is that all of a sudden we can't have nuance discussion because there are certain words that just trigger-

Jason: That's why I said guns because there's a triggering word there and how do we protect free speech? I live in a country where you can't even have a gun. I have a crossbow. It's kind of cool. But it's one of those things where we all naturally want to protect our belief system. Our belief system is part of our identity.

Jason: Which we need in order to not kill ourselves over the dread of mortality.

Jason: Exactly.

Jason: Ernest Becker says, "Character is a vital lie."

Jason: You named it. Now, what do we do?

There are tech companies who could do this and that will slow down the speed of disruption dramatically. And there's a lot of people who don't want it to happen but when it happens, if it does, it'll be by slow dribbles over years. In that chipping away at our ability to share the kind of work that you do. It scares me.

Jason: Here's a thought. The 1960s shook the world with the psychedelic revolution, the counterculture revolution and so much of what ended up happening in the world was tweaked minds by psychedelics that then went and did interesting things in the world. I think the renaissance that we're seeing now with using psychedelics to treat PTSD and treat end-of-life anxiety but eventually the idea that these tools could be used to foster creativity could be a nice counterbalance against the idea that algorithms could start censoring speech. I think the more human minds are agitated or activated by

compounds that awaken new forms of human thinking, that will be a counterbalancing force.

You see negative trends then you see positive trends and you feel like, okay. Maybe as long as there's more good than bad, we'll be okay.

Jason: That is my hope as well. It looks like the power of technology to overcome that stuff is pretty strong. And that's why we have hackers. In fact that's one of the reasons I name it biohacking. A hacker's job is to go in and look at the code and see where a company's trying to screw you and take it out. Because if you don't know that there's the power, and you don't have access to the code, the people who do know that something works and have access to the code, they'll use it against you. It's our God-given right but it's also our moral responsibility to understand what works and to have the keys to that control ourselves, instead of handing it over to any other person or party. And when you do that, your ability to access all the flow states and do all the things you're talking about, it's most active. There's a medical freedom thing involved here. It's my biology, my rights. I wish we had that written down in the Constitution.

Jason: I know. Agreed.

Jason: Jason, this has been a fantastic conversation. You already answered the cool question about the three most important things you'd recommend for someone who wants to perform better as a human being. But you forgot your answer.

I've got to ask you this question one more time.

Jason: Okay, ask again.

Jason: Alright, if someone came to you tomorrow and said, "I want to perform better as a human being at everything I do. What are your three most important pieces of advice? What would you say?"

Jason: I think it's very important that you have a solid sleep built into your schedule. You're getting rest and you're getting reset on a regular basis.

I would urge you to expose yourselves to different cultures. For some reason, I feel really creative when I'm enveloped in another virtual reality, like when I'm in Amsterdam, when I'm in Copenhagen ... Just seeing ordinary people go about their day in a different country is fascinating to me.

The other thing that I would do is, and this is going to sound silly but, go on safari in South Africa. I recently did it and I remember experiencing something similar to what Michael Pollan calls a "sense of first sight unencumbered by knowingness".

I didn't know what it felt like to be in the bush, encountering the big five in their natural habitat at five in the afternoon when the golden hour hits. It was akin to a religious experience. What was interesting is I felt like I could meditate on what it must have

been like for early humans to encounter this land and these animals in this moment. And then make a comparison between that grounding and that reality and where we are now as a species. It gave me a sense of temporal perspective.

Those are random things. Make sure you sleep a lot, make sure you visit different cultures and go on safari in South Africa. Reboot your system.

Jason: That is definitely a random set but I love it. And thank you for offering that. Now, final thing, [jasonsilvalive.com](http://jasonsilvalive.com) and there's a code I already forgot, just for Bulletproof Radio listeners.

Jason: Yes JASONLIVE is the code and [jasonsilvalive.com](http://jasonsilvalive.com) is where you can get tickets. We're starting end of March the tour, so ...

Jason: Alright, so if you're new to Jason Silva's work, you haven't seen him. He's all over YouTube and all. Just watch one of the videos. We're friends and I am actually telling the exact God's honest truth, I don't watch a lot of YouTube videos. I just don't have time. I also don't listen to a lot of podcasts because I don't have a whole lot of time even though I make one. But every time one of them pops up in my feed, I'm like, "Oh that's one of Jason's videos. I'm actually going to watch it because it's worth the time."

That's a true compliment, Jason. You do good work and it's very unusual.

Jason: You do amazing work so it's an honor to receive that from you.

Jason: Thanks man. I'm glad we got to hang out.

Jason: Yes, cheers.