EP\_1314\_JOE\_HUDSON\_AUDIO\_FINAL\_v2

**Speaker:** [00:00:00] I often times

**Speaker 2:** say that one of my love languages is triggering people. When I get triggered, I am so [00:00:05] excited. There is it directly pointing to some part of myself I can't love.

**Speaker 3:** Joe Hudson is a master coach [00:00:10] who takes people to the edge of who they think they are and shows them what's possible beyond it.

His [00:00:15] work doesn't just change lives. It shatters limitations and rewrites them. [00:00:20]

**Speaker 2:** Just receiving a compliment, which is receiving just a little bit of love can be so destructive to [00:00:25] people that almost everybody you meet can't actually let it touch them. If you fully let [00:00:30] that compliment in, if you fully accept it and let it touch you, it's going to erode [00:00:35] part of what you think you are, which is the ego.

How do you teach

**Speaker:** people, whether they're leaders or not, [00:00:40] to tune into an inner knowing instead of to brute force it? [00:00:45] You're listening to The Human Upgrade with Dave Asprey.[00:00:50]

Hey guys, quick reminder. If you're listening to this on your favorite audio [00:00:55] podcast app and you haven't been over to my YouTube channel, check it out. Just search for the [00:01:00] human upgrade or find me under Dave Asprey BPR. I post full video versions of every [00:01:05] episode and a bunch of other cool content outside the pod.

It's a great way to go deeper into the content and [00:01:10] connect with other biohackers like you. So leave a comment for me. Yeah, I'm actually going to read them. And [00:01:15] poke around while you're there. There is a lot of stuff specifically for you. It really helps, and it means a lot [00:01:20] to me. What percentage of people in the world do you believe [00:01:25] actually know their authentic

**Speaker 2:** self?

You believe kind of the human development. Tech [00:01:30] on it. It's less than a percent. Does that make you sad? No, it doesn't. But that, because [00:01:35] the same studies show that like overall humanity is getting closer and closer [00:01:40] to that. So what? It doesn't make me sad, but it makes me [00:01:45] motivated. . There you go. I, I love that.

How it used to make me sad.

**Speaker:** Yeah, yeah. [00:01:50] Feeling empathy for everyone all the time is a poor strategy for personal [00:01:55] development. Right?

**Speaker 2:** Depends on what you think empathy is. I think. Yeah, so I think for [00:02:00] me if empathetic means i'm with you, but i'm not in you No, I think it's I think it's a great strategy if you [00:02:05] redefine empathy I like that if it's if the empathy is i'm in your story.

I'm I [00:02:10] believe your reality i'm fully With your emotional state, which I don't actually think is [00:02:15] true empathy then I would say no that's a horrible strategy for self development and [00:02:20] it's basically driven out of a fear of I'm not going to get my needs met [00:02:25] unless I can influence you because I had a parent who was Telling me that [00:02:30] their needs were more important than mine.

**Speaker 3:** Wow.

**Speaker 2:** So generally, I think that's how that works. But [00:02:35] if the empathy is, Oh, I'm with you, but I'm not in you, then I think it's an [00:02:40] incredibly useful tool and, and, and correlates with how well you can be with yourself. [00:02:45] Yeah. Okay. I like that.

**Speaker:** Yeah.

**Speaker 2:** What's the difference between empathy and compassion? Yeah, I think [00:02:50] the first way to think about that is the difference between compassion and being nice.

[00:02:55] Ooh, that's, that's a big gap, right? There's a huge gap, right? So nice means I'm going to try not to [00:03:00] offend you or upset you. Compassion means I'm okay to upset you and offend you if that's actually [00:03:05] for the greatest good. Right. Empathy is a very intimate thing, [00:03:10] I find. It's like, oh, I'm with you in this situation.

Compassion is, [00:03:15] are you willing to take the action that is That is good for everybody. I [00:03:20] think there's this misconception that happens, which is something to the effect of my friend [00:03:25] was a catholic and made like so many stories with this guy. We just [00:03:30] share amazing. But he asked me one day that he has this issue where he doesn't know if God wants [00:03:35] him to be good to other people or good to himself.

And I said, Oh, [00:03:40] so your God is a sadist. I guess he's set up a world. This was Catholicism. Just double checking. Yeah, this [00:03:45] is a Catholic guy.

**Speaker 4:** Just kidding. [00:03:50]

**Speaker 2:** And he's like, I don't understand. I said, so your God set up a world where. [00:03:55] Where that's the choice, that's not my experience of the choice, my experience of the choice is [00:04:00] that if you're doing the thing that's deeply, deeply right for you, it's also deeply, deeply right for the people [00:04:05] around you and and that so much damage has been done when folks [00:04:10] do.

I'm going to sacrifice for this person or this thing, I think that's [00:04:15] oftentimes where like our giving our charity, our relationships fall apart [00:04:20] when you're not actually looking for the thing that is good for everybody involved, [00:04:25] because you're only looking at what's good for the other person, you're saying, or for yourself.

Uh, either [00:04:30] one is destructive. There's a saying that is a quote from The Soul of Money, but it's from a [00:04:35] tribe, and I think the tribe is Ecuador, but they say, if you're here to help me, no thank you. [00:04:40] If you're here to work together for our mutual freedom, let's get to work. Because [00:04:45] when you're helping somebody, you're putting yourself above them, and there's, like, that in itself is [00:04:50] destructive.

**Speaker:** Wow. And that goes to spiritual ego, and there's a lot there. Oh, yeah. [00:04:55] There's that famous book, Debt, that talks about the history of Dad and the [00:05:00] Inuit. Um, have this this tradition where if someone comes in and gives you some, [00:05:05] some of their hunter kill, you don't thank them because thanking them creates debt [00:05:10] and like we're people and we just feed each other if we need it.

And so I don't [00:05:15] want to owe you. I don't want you to owe me because I know that whether or not there's owing, if I'm [00:05:20] hungry and you've got some food, you'll give it to me and it's a completely different view on things. [00:05:25] Yeah. You think we can bring stuff like that into the modern world? Absolutely.

**Speaker 2:** How? [00:05:30] So my experience is that oxytocin and [00:05:35] serotonin are more powerful than dopamine.

My experience is that all the [00:05:40] technologies we've created up until now can only really deliver on the dopamine. [00:05:45] And so if you show people the power of oxytocin, if you [00:05:50] show people the power of connection, if you show people the power of deep intimacy. [00:05:55] Then it has a way of providing that, but it, it, it, [00:06:00] it only happens right now, I think with AI, this could change, but right now it [00:06:05] only happens if people are in so much pain that they are looking for something different.

Some of the [00:06:10] spiritual tech

**Speaker:** that's changed my life and that I brought into biohacking. It's very much [00:06:15] about oxytocin things like heart rate variability training, [00:06:20] um, neurofeedback, like there is tech, even some that now I've added [00:06:25] AI to some of it where you can use it for something besides dopamine.

Yeah. [00:06:30] A little spice of dopamine usually helps people be motivated to get the [00:06:35] oxytocin, right? Yeah, yeah,

**Speaker 2:** it's not a wonder, it's not, but it's just a, I think it's a [00:06:40] preponderance of, or waiting, or recipe. Yeah.

**Speaker:** [00:06:45] You've developed a lot of self awareness in your process of learning how to coach other people, [00:06:50] right?

**Speaker 2:** Yeah. Okay. Daddy, I mean, I was in a room for seven years meditating. [00:06:55] Nothing else but worrying about money from time to time. I understand

**Speaker:** the feeling. When I [00:07:00] interviewed Kimball Musk, I'd ask him a hard question. Yeah. Take a deep [00:07:05] breath really cool guy and then he'd like look up here and he would come back and his voice would [00:07:10] change Yeah, he sounded a little bit more like Elon and he would go into like compute mode.

It was [00:07:15] really cool And asked me like what was going on? Yeah When I ask you a good question You reset your nervous [00:07:20] system you go and then you look up to your this is your left. [00:07:25] So you look up to your left Yeah, and then you look up to your right. What are you doing when you do that? [00:07:30]

**Speaker 2:** That's a great question And I'm doing it, which is awesome.

Don't be aware that I'm doing it while it's [00:07:35] happening. Um, so, so Neurologically [00:07:40] speaking, if I'm thinking to myself, my prefrontal cortex is engaged, but nothing else is [00:07:45] engaged. But as soon as I talk out loud, other parts of my brain start getting engaged. So a lot of the work [00:07:50] that we do actually requires people to speak out loud because it's so much different than the thought in your head because you're actually [00:07:55] connected.

**Speaker 4:** Yeah.

**Speaker 2:** So, in general, what I'm doing is I'm, Being connected to my [00:08:00] entire system, I'm getting whatever it is, 11, 20 bits of information from my head a second, [00:08:05] 11, 000 bits of information or 11 million. I have some crazy amount from the rest of the [00:08:10] mitochondria, a lot of sensors and compute nodes. Yeah, for sure.

So I'm checking in to see if there's [00:08:15] congruence between and the way I feel it is there's the head, the heart and the gut. And the way I teach [00:08:20] it is there's the head, the heart and the gut. And so the way I think about the head is that's [00:08:25] the prefrontal cortex. It's the thought. Okay. The heart is the emotional center of the brain, the mammalian [00:08:30] center of the brain, and the gut is the reptilian part of the brain.

And so I'm actually looking for [00:08:35] alignment, and then I'm going up into my brain to figure out how to describe it. [00:08:40] Got it. Right? And then I'm checking, there's like, how do I say it? [00:08:45] And then there's the, does that actually resonate in the entire system? Okay, I can [00:08:50] say it that way. So

**Speaker:** you're doing error correction kind of code there, double.

It's so cool that you mention [00:08:55] congruence, which is something that is required for [00:09:00] leadership, and I think even just comfort in your own body, because Everyone knows what it feels like to [00:09:05] feel one thing and to do another and it's kind of good because I feel like punching that guy, but [00:09:10] instead I'm going to smile and pretend to be happy.

That's better than punching the guy, right? But it costs you to do that. [00:09:15] Yes. How do you teach people to get into congruence?

**Speaker 2:** There's really three ways. So [00:09:20] on the head, it's all about deconstructing the thought process and deconstructing the sense of I. [00:09:25] So if you look at almost it. All people who are in [00:09:30] pain, narcissism, depression they're constantly having thoughts about themselves.

Yeah. Always [00:09:35] me, me, me, me, me, me, me, me, I, I, I, I, I, I, I. And if you look at almost every [00:09:40] mode of healing, that is, that's, that is a hack that is like, Oh my gosh, that [00:09:45] changed a lot. You're getting them out of a sense of eye. So you can do that with [00:09:50] a dangerously addictive drug, like ketamine, which can get you some results or less addictive, less [00:09:55] dangerous psilocybin.

But you can also do that through meditation. You can also do that [00:10:00] through deconstructing your thought process. Noting that all of your thoughts are not true. You can also do that [00:10:05] through relationship. You can also do that through learning to love all of the emotions and seeing that your [00:10:10] emotions aren't particularly personal to you.

So any way you can kind of separate your sense of [00:10:15] I from what you actually think it is. That's the way. That's the the prefrontal [00:10:20] cortex and separating yourself from your thoughts and deconstructing your thoughts a big part of that in the heart It's all [00:10:25] about emotional fluidity clarity, but not management of the emotional system So [00:10:30] what that means is falling in love with all of the emotional experiences So if I go into your brain and [00:10:35] I take out the emotional center of your brain you stop Making decisions.

It'll literally take [00:10:40] you half an hour or an hour to decide what to wear or what pen to use or [00:10:45] something like that. And so we're actually making decisions emotionally. And you know this because it's like how [00:10:50] many decisions have you made to feel loved or to feel appreciated or to not feel like a loser or [00:10:55] to.

And so to learn how to, and this is really corresponds with [00:11:00] your work, to learn how to lean into the difficult emotions and then see their signal and [00:11:05] actually enjoy them and go like you would an ice bath, totally changes that whole world [00:11:10] because now when I'm making a decision, I'm not doing it to avoid one thing or get to another thing.[00:11:15]

I'm okay. I would be happy to feel like a loser and I'd be happy to feel like a winner and I'd [00:11:20] be happy to feel. Disappointed I'd be happy to feel excited. And so [00:11:25] that's what at what it is on a heart level and then on a Nervous system level on the gut level. [00:11:30] It's very much about learning to feel pleasure.

It's very much about Oh [00:11:35] if I'm safe, I'm in pleasure. How do I allow myself to and I don't mean pleasure like sexual pleasure, though [00:11:40] That's great. I mean just how simple pleasure being alive Just a simple pleasure of doing the [00:11:45] dishes or having a conversation with somebody and then that tells your nervous system Oh, I'm not under [00:11:50] attack right now And so you can do that with breath.

There's like thousands of ways to do that as well. I think

**Speaker:** half of what you [00:11:55] just said aligns with some of the chapters in my last book where we're, we're seeing the problem [00:12:00] set similarly. And I'm thinking about. What my brain does with that question [00:12:05] about when your eyes go up there. There's a body of work that says that there's [00:12:10] about Either six or eight areas where your eyes look when you're accessing different parts of [00:12:15] your brain you become across that

**Speaker 2:** research Well, I mean, I know about the micro expression and I know that like [00:12:20] one side is apparently a lie But I find it's more about auditory response and visual [00:12:25] response and things like that And left brain, right brain, and like, are you looking at the [00:12:30] intuitive side, but yeah, I've seen some of the research, but I haven't been like, it hasn't clicked in my system.[00:12:35]

**Speaker:** It's mostly from the 80s, and it appears to be pretty accurate, and I wish I could cite [00:12:40] from memory, uh, right now what the who did the research, but I found it to be valid, and [00:12:45] usually when people are remembering, they're looking, I think it's up and to the left or right, but I know for me, like even now when I'm [00:12:50] talking, Um, I go up and left because I've learned that I already know [00:12:55] the stuff.

I just have to not be worried about thinking about, so if I think about thinking [00:13:00] about or think about remembering it, no, I just have to chill, and for some reason when I look up here it's easier, and then I'm [00:13:05] like, oh, it appears. Right. Right. So I don't really know what's going on in [00:13:10] there, but the better I am at stopping the thoughts, shutting down the [00:13:15] default mode network temporarily, and then just aligning the congruence thing you talked about, it's like, [00:13:20] Oh, the answer was already there.

I just had to relax and receive it versus have to like power through. [00:13:25] But my whole career in Silicon Valley was very cognitive, very powering through. Yeah, yeah. How do you [00:13:30] teach people, whether they're leaders or not, to tune into an inner knowing instead [00:13:35] of to brute

**Speaker 2:** force it? As soon as they realize that the thinking is better that way, then they do it, [00:13:40] which is what you've done.

So all you have to really do is Is to show them that that's [00:13:45] that's real. So for instance, uh, somebody thinks they have to make a [00:13:50] really big decision and they feel the fear behind it. They release the fear behind it, the decisions made. [00:13:55] Somebody feels stuck. They like listen to their body intelligence.

[00:14:00] They're like, Oh wow, there's some anger in there. They move that anger and it's clear what they need to do next. [00:14:05] As soon as they realize that they, that decision clarity comes [00:14:10] from the emotional situation comes from somatic awareness. Then it's over, but you have to [00:14:15] give them that experience. As soon as they have it, then they start doing it.

[00:14:20] Got it. Yeah. How would you give someone that experience for the first time? So the first thing to do that safely, the first [00:14:25] thing you need to do is create like a really powerful feeling of connection. Typically, what [00:14:30] happened is that we were told as kids, certain emotions aren't allowed, and if we, [00:14:35] if we have them, then we are going to be punished or we are going to be chastised or we're [00:14:40] going to be bribed out of it, something's going to happen, and so don't have these emotions.

And right now, if I [00:14:45] say to you, hey, stop having every single emotion in your body, like really actually try [00:14:50] to attempt to do it. So I don't think of an elephant, right? But, but really, if you, [00:14:55] if you attempt and you're like, I'm not going to feel anything doesn't have to tighten. Oh, yeah. [00:15:00] Okay.

**Speaker:** Temporarily

**Speaker 2:** suppressed.

**Speaker:** They're still happening. Right? Exactly.

**Speaker 2:** Yeah, they're, yeah, they can't stop. [00:15:05] But you have to suppress them. You have to hold down their muscles. And so, and then over time, [00:15:10] if I'm constantly holding back my anger, . Mm-hmm . And I'm going, my anger [00:15:15] going towards myself. That's like a critical parent hunch. There's become vegan.

Say it again. You become vegan when that [00:15:20] happens. .

**Speaker:** Sorry, guys. Just kidding.[00:15:25]

**Speaker 2:** emotional constriction leads to physical, muscular [00:15:30] constriction. And so, when you're, so, to get outta that traumatic [00:15:35] experience, you need to feel safe. And so the one, one of the most important things that you have to do is [00:15:40] create a, a deeply safe container. So that's the first thing you have to do to get there, [00:15:45] is have that safety.

If you do the emotion without the safety, you have a, like, a really good chance of re [00:15:50] traumatizing. Yeah. And then, the second thing is, oftentimes, you have to kind of fake it for a [00:15:55] bit, because the brain and the psychology has been like, we're not going to do this. Do this no matter [00:16:00] what because I know I'll get unloved.

I know I will get abandoned. I know I will. So [00:16:05] there's this nervous system response of, I'm not going to do that. And then, and then there's [00:16:10] definitely ways of, of moving anger or fear that are going to be more effective than. [00:16:15] Then other ways of moving anger or fear you can write all your angry thoughts not as effective [00:16:20] as moving your body and yelling and so That's a big part of like [00:16:25] learning that whole thing and then learning how to handle Never to do it at anybody never to do [00:16:30] it in a way that creates shame Doing it in a way that You like [00:16:35] and what you do after the experience because people can be very changed by that experience wait I'm feeling my [00:16:40] body different.

My hands are different. I don't know how to shop all those things happen in our work do we even God?[00:16:45] [00:16:50]

That is a great question [00:16:55] I can speak, for sure, [00:17:00] many religions. I think of them as languages. So I can, like I can work with [00:17:05] Christianity, and I can work with a little bit in Islam and a lot in [00:17:10] Judaism. I can speak that language. My experience of God is [00:17:15] universal. So my experience of God is, Everything is God, and I am everything, and I am God, and God [00:17:20] is me, and you are God, and everybody listening is God.

So that's my experience of it. [00:17:25] But I don't really concern or think about like that whole [00:17:30] thing is very irrelevant for [00:17:35] me, you know, like the principles and all the religions I think are amazing and I want to [00:17:40] live by them. From surrender to unconditional love to Christ [00:17:45] consciousness to awakening. I think they're all pointing generally in the same direction.

No [00:17:50] self, all self. I spent a lot of time and a lot of the religions and I, and I [00:17:55] have like such a deep love for them. Um, and But I [00:18:00] don't have, like, an idea that there's this thing that is separate that I [00:18:05]

**Speaker:** When you talk about higher authority, it made me think about that. And I think you [00:18:10] expressed that really beautifully.

A lot of people wouldn't know this about me. I was, I think, one [00:18:15] class away from having a minor in religious studies in my undergrad. Just full [00:18:20] disclosure. It's hard to fail a religious studies class when you're studying computer science, just have [00:18:25] to say, like, I padded my GPA, but it opened my eyes to a lot of wisdom that I wasn't open to at the [00:18:30] time.

I look back and I'm grateful I did that, right? What do you say to clients who are easily [00:18:35] triggered? Fucking great. There you go. Best answer ever. Ten out of [00:18:40] ten. Yeah, you're like, look, you found something to work on.

**Speaker 2:** Exactly. Yeah, being triggered is the [00:18:45] best to be excited. Like, when I get triggered, which is rarer and rarer, I am [00:18:50] so excited.

Yeah. There, there's directly pointing to some part of myself I can't love, can't accept, [00:18:55] some part of myself that I don't. I, I haven't fully integrated [00:19:00] it. If

**Speaker:** people only got one thing from this interview, what you just shared is [00:19:05] some of the strongest medicine there is. I oftentimes say that one of my love [00:19:10] languages is triggering people.

**Speaker 2:** [00:19:15] Yeah, I am. I am called FU Joe Hudson on. On Twitter for that reason. Oh my [00:19:20] God. I love that.

**Speaker:** I find with, with people when they're doing 40 years [00:19:25] of Zen, usually on the second or third day, they'll have [00:19:30] like an ego eruption where they finally got through to their core issue. And all of a sudden it's like Dave Asprey's an asshole.

I'm like, [00:19:35] yeah, yeah, yeah, yeah. That's right. And then if they keep leaning in [00:19:40] usually within like a half hour, an hour, like. The whole world [00:19:45] changes, right? And that last fight from the operating system or the ego, [00:19:50] um, is, is like, don't you dare look in here? Ah, and that's right before the breakthrough. [00:19:55] Yeah, but okay.

These are people who are coaching with, you know, the top people in the world with you [00:20:00] or they have computers stuck to their head with me. Yeah. How is someone who's at home [00:20:05] and feeling triggered going to

**Speaker 2:** deal with this? And there are endless tools for that. What's your [00:20:10] favorite? My favorite tool, super gentle, super simple [00:20:15] is every time you judge somebody, which is a minor trigger, there's an emotional experience you're [00:20:20] trying to avoid.

Yeah. Ooh. So when you find judgment, Immediately go, what's [00:20:25] the, if I couldn't judge, what's the emotion that I would have to feel and go and hang out in [00:20:30] that emotion for 20 seconds. No, it doesn't even require more than 20 seconds, but just go [00:20:35] hang out in that emotion. Even better if you can hang out in that emotion with wonder.[00:20:40]

What is going on here the way that you would with like a yeah The way that you [00:20:45] would with like a nice bath ago. Here we go. Okay, great And that is like an [00:20:50] amazing tool. It will stop a lot of the narcissistic I'm better than you behavior [00:20:55] and but it'll make you a lot. It'll allow you to receive so much more love so the thing about the [00:21:00] emotional journey that I think people really don't get is usually say depending [00:21:05] on society and sex, it's usually anger or [00:21:10] sadness that is the hardest to first feel and then [00:21:15] fear, but then it's excitement and joy and love and those things [00:21:20] like I can be in a room with people and we can do 45 minutes of anger release and everybody [00:21:25] just keeps going like, Whoa, maybe a couple of anger feels good, right?

Yeah, a couple of them maybe don't. But then [00:21:30] I'm like, let's do pleasure. Yeah. And like five minutes in, I'm like, Hey, everybody, [00:21:35] we're still doing pleasure because it's actually harder for us to allow those positive [00:21:40] experiences in because they are just as destructive to the ego [00:21:45] as the as what we think is.

Wow. So happiness and joy are as [00:21:50] scary as fear and death to the ego. Yeah, the only difference is that the human [00:21:55] experience is doing this with. Those they're like, Oh, I want joy. I want love, but they're pushing it [00:22:00] away all the time. Like jealousy is a great experience. Jealousy is like, I want your love. I want your love, [00:22:05] but I'm going to make sure I don't get it right.

And so, but if you [00:22:10] actually when somebody actually starts to feel it, it's it. It's annihilating. [00:22:15] So I'll give you an experience of this. Usually when you give somebody a compliment, you say to them, Oh, well, like that [00:22:20] was, that's a wonderful thing that you just did. Most of people will basically at that moment, [00:22:25] call you a liar.

They'll be like, Oh no, not really. I was nothing. [00:22:30] Or they'll think to themselves, they don't really know me. Or they're just saying that to get something from me. That's what most [00:22:35] people will do. The reason is because if you fully let that compliment in. [00:22:40] If you fully accept it and let it touch you, it's going to erode part of what you [00:22:45] think you are, which is the ego.

The ego is just what you think you are. So, here I [00:22:50] am, I think that I am bad at this, I think I'm good at this, I think I'm better at this, I think I'm worse [00:22:55] because of this. And a compliment flies in the face of that, just rips [00:23:00] that thing apart. And the, and it's funny because even people who are what other people call [00:23:05] arrogant, Oh, I got this whole thing together.

They're usually the worst at receiving the compliment [00:23:10] because they, because underneath there's this very deep, I'm really not good. I have something to [00:23:15] prove, right? And so just receiving a compliment, which is receiving just a little bit of [00:23:20] love. Can be so destructive to people that almost everybody you meet can't [00:23:25] actually let it touch them

**Speaker:** I don't think anyone's ever mentioned this on the show [00:23:30] and you're right I had to work with a therapist for quite a while maybe [00:23:35] ten years ago because I've received a lot of compliments and some of them are like [00:23:40] really big, like you saved my life.

You changed my life. I just want you to know [00:23:45] and you know, these are people, you know, they've written me a letter. They just want to hand it to me and they're like shaking and there's [00:23:50] tears. I like this is big stuff.

**Speaker 2:** Yeah.

**Speaker:** And what I was doing say, Oh, thank you, [00:23:55] but I was not letting it in. And my therapist called me out on that.

And, and [00:24:00] I really had to work on receiving like receiving is scary. [00:24:05] Yeah. Right. To really let it in. And my biggest fear I found out was. [00:24:10] I didn't want it to feed my, my spiritual ego. Like what I'm doing is not about me. [00:24:15] Right. Right. It's about, um, service to others, which is, you know, Arthur C. Brooks [00:24:20] would tell you, you know, flow state research will tell you, like, service to others is just a better way to, to do stuff.

[00:24:25] Correct. But, but I was just afraid it would make it about me. And it was that [00:24:30] fear that was holding me back. How would you have coached me to get around that? Let

**Speaker 2:** me jump out of context for a second, then I'll get back to [00:24:35] that. The. The first thing I would talk about is what I would call disowned narcissism.[00:24:40]

What's that? Meaning that there is a part There's on one level. [00:24:45] Yes, it's really important to feel like, Oh, I am channeling. I, this isn't about [00:24:50] me. I am a service. This is something that is I'm called to. That's really, really [00:24:55] important. What's also really, really important is to own the power. Yeah. And it feels good to help [00:25:00] people.

I mean, let's face it. Yeah. But to own to be like, yeah. So if you look at the [00:25:05] cult leaders, oftentimes like there's this great moment of this with, um, [00:25:10] the Nixxiom guy. And it's one of the documentaries and you see him and [00:25:15] he's like with his harem. You don't know it's his harem at this point. I think it's the vow or whatever [00:25:20] the, and he goes, I don't understand why everybody really likes me.

Like, I don't know why [00:25:25] everybody's coming to me looking for the answers. And it's like, Oh, that's actually the thing that [00:25:30] makes somebody dangerous is if they can't actually own. [00:25:35] What it is the power that they have what they're doing and the the specialness of it [00:25:40] right next to the This isn't about me and I'm of [00:25:45] service and you see this happen with CEO CEOs get crazy destructive Yeah, they do [00:25:50] if they don't see that it they're not That, that, that they, they [00:25:55] have this power and it's not about them,

**Speaker:** but it's both.

So you sit in power and [00:26:00] you also hold humility at the same time. But if you just hold humility and you suppress or [00:26:05] ignore the fact that you have power, that becomes toxic.

**Speaker 2:** Yeah. And you'll act it out. And the way you can [00:26:10] experience this, like in this moment is. So if you close your eyes for a minute and feel [00:26:15] unconditional love, just feel what it is to be in unconditional love.

And now stop that because you get [00:26:20] there really quickly, clearly, and then now feel what it's like to be incredibly empowered [00:26:25] and you don't have to fear for anything coming. You don't, you're not even [00:26:30] considering the future. You're just,

**Speaker:** those are directionally [00:26:35] different for me. The unconditional love goes here and goes out and it's big and the power goes [00:26:40] up.

Correct. So exactly. So feel that, feel the empowerment. [00:26:45] You're saying of the combination? Nope. Just one and then the other.

**Speaker 2:** Yeah.

**Speaker:** Yeah, the power [00:26:50] goes up and then out, and then conditional love goes out and then up.

**Speaker 2:** Right.

**Speaker:** Okay. So,

**Speaker 2:** [00:26:55] so if you go back and forth between them, and then you put them together, and then put them together. Okay. [00:27:00] Like simultaneous because there's an order of operations for each of those unconditional love then empowerment [00:27:05] then unconditional love then And then put it together Right like [00:27:10]

**Speaker:** together at the same time.

Yeah. Yeah. Okay. Got it. That's that's actually that's where my energy normally sits. [00:27:15] Yeah But I never thought of how it turns on an order. Okay, that's super cool stuff. Wow, [00:27:20] so

**Speaker 2:** so but basically What you'll learn if you do that exercise is that [00:27:25] real love doesn't exist without empowerment real empowerment doesn't exist without love [00:27:30] That's a big deal when you put those two together.

You feel like oh, this is this is like they're complete [00:27:35]

**Speaker:** There's a lot of disempowered victim cults. Yeah, where they're just [00:27:40] swirling in this victimhood and bitching to each other about stuff Yeah, [00:27:45] what's happening there?

**Speaker 2:** Oh man victimhood, um So [00:27:50] it's just another way of people processing fear right so the way there's this thing called the drama [00:27:55] triangle I'm sure you're familiar.

I don't I call it. I call it the fear triangle. I don't think it's drama. [00:28:00]

**Speaker 4:** Mm

**Speaker 2:** hmm. It is So we do fight flight or freeze with [00:28:05] fear Yeah, it's like feed and fawn and whatever but sure but the main thing is fight flight or freeze That's the first f word in our [00:28:10] frame, right? Yeah, and so if you fight then you get scared and you bully [00:28:15] If you freeze and you get scared, you're a victim, you feel stuck.

[00:28:20] If you fly when you are scared, then you go and try to please somebody else. You leave yourself and you go and try [00:28:25] to please somebody else. They're all just reactions to fear, and it's all just the way that we were, we [00:28:30] were taught to respond when we were kids. Right. So the victimhood is just, I'm scared, [00:28:35] and so my thing is to feel stuck.

And therefore I must be oppressed [00:28:40] and so I need an oppressor and you're going to, you're going to find one whether it's real or not. Yeah, [00:28:45] exactly. Yeah. Yeah. It's never real because we're like, we always have choice. [00:28:50] And, and that's a hard thing to say because obviously there are, you know, people right [00:28:55] now in Ukraine who are getting, who are victims of bombs.

And so that's like, without a doubt, [00:29:00] that's true. Sure. And at the same time, They have a choice in that moment [00:29:05] on how they're going to handle that, and that is the empowerment.

**Speaker:** Yeah.

**Speaker 2:** You know, it's the, [00:29:10] a man with a gun has no power over a person who isn't scared to [00:29:15] die.

**Speaker:** I interviewed Teal Swan a while ago.

It's a very interesting take on, on the world [00:29:20] here. Yeah. We talked earlier, you can create safety just in, and you feel like, oh, this [00:29:25] is a person who's not a threat, right? And you can probably, I'm guessing, shift your energy to be a threat when you want [00:29:30] to be. Yeah. You know, if there's some, you know, crazy drug addled person coming at you with a knife, like you're [00:29:35] not going to look like a peaceful monk at that time, at least not if you're healthy.

Right. So [00:29:40] actually that kind of happened to me in San Francisco recently.

**Speaker 4:** Oh,

**Speaker:** I'm sorry to hear that. That's all right. He didn't have [00:29:45] a knife, but it just, the energetic state change, I didn't really have to do much. [00:29:50] Just once it was like, Oh wait, this is a threat. And then he went away, [00:29:55] um, when he was coming into attack.

And I'm grateful for that. Cause I would have had to kill [00:30:00] him. Uh, it would have been messy and not fun, but I would have, right? Because that's what you [00:30:05] do. When I'm creating safety, yeah, for someone, like if I'm working with a client or [00:30:10] there's, you know, a medicine ceremony or whatever, yeah, like there's a very specific set of things I'll do in my [00:30:15] field and then you'll see the person relax.

But men and women respond very differently to [00:30:20] safety. And yeah, for sure that that's true. And earlier you described [00:30:25] your safety is your responsibility. So. If I was a woman [00:30:30] client and in front of you, and there's some very powerful women in leadership, how does a woman create [00:30:35] safety in herself and her team versus how a man does it?

Yeah.

**Speaker 2:** So I have my clients are women [00:30:40] and generally they're much better at it. And, if you look at the If you look at [00:30:45] the way there's these two things that create safety and leadership and they don't seem they seem like they're opposing but they're [00:30:50] not one of them is how clear I am with my needs

**Speaker 4:** and

**Speaker 2:** one [00:30:55] of them is how helpful I am men tend to be better at here's what [00:31:00] I need women tend to be better at helpful but if you get both and you get [00:31:05] extremely loyal Folks, because if I tell you what I need, this is my [00:31:10] expectation.

This is what success looks like. You can feel safe because it's not about whether I like you. It doesn't mean that you have [00:31:15] to worry about my mercurial nature. It just means you know what you have to do to be successful here. [00:31:20] That's there's a safety to that. Oh, yeah. There. And oh, wow. You're here to help me.

You're [00:31:25] also, like, you're there for me. Oh, great. Now I feel doubly safe, and so I, this is where I want to be, [00:31:30] and I'm growing as a human, and so a lot of loyalty ensues. More [00:31:35] often than not, what I've seen in the workplace is that a woman is able to do both more often than [00:31:40] men. You say by being both, by creating?

Being very clear [00:31:45] about what they want, and help, being helpful. Got it. And if you do both of those two [00:31:50] things that creates like a cognitive feeling of safety, right? It's, I think also a [00:31:55] somatic

**Speaker:** one. It's a somatic one. It's going to create that. There's, from what I've [00:32:00] seen, and at least in my world, both men and [00:32:05] women can express both polarities of this when they choose to.

In fact, the ability to slide between [00:32:10] them, especially if you're coaching, is really important. But there's like a mother or grandmother energy, [00:32:15] right? And that's going to sit more, more naturally in a woman, right? And [00:32:20] that can create a type of safety, especially, well, it can do it for men or women, right?

Yeah. And [00:32:25] then, when a man is creating safety using masculine energetics. It's [00:32:30] more like a sense of, of there's nothing to worry about because it's an, I've, I've got [00:32:35] this so you can just do your thing and we can do that for other men and we can do this for women, [00:32:40] but the response of a man to that kind of safety versus the response of a woman will be different [00:32:45] somatically to me, it's

**Speaker 2:** more about whether they have mom issues or dad issues.

**Speaker:** Man, [00:32:50] just call it out.

**Speaker 2:** Yes. Yeah. So if I'm working with somebody, so my wife works with me. [00:32:55] If someone's got a mom, literally when we'll do exercises, we'll be like, mom issue, mom issue, mom [00:33:00] issue. Tara, you take those. Dad issue. Dad issue. Dad issue. Joe take, you take those. So good. So [00:33:05] it's, it's really just about what, what's the safety they didn't get as a kid.

Can everyone be self [00:33:10] reliant? I don't know. Nobody is self reliant. They can think they are. They can try to pretend they [00:33:15] are. But like, how many people just to get the chairs we're sitting on? It's like, there's no [00:33:20] such thing as self reliance. And it's, I think it's a disease of our society in particular.

[00:33:25] I mean, it's, again, we're thinking about ourselves. We're not seeing, we're not [00:33:30] seeing that we are in, in a related integrated. We are part of the whole thing. As a [00:33:35] matter of fact, one of my favorite stories on this is this, uh, some, I can't pronounce her name very well. [00:33:40] Some. Some some boo. She has this book called the spirit of [00:33:45] intimacy and she's from a tribe in Africa and When they're in that village [00:33:50] in her village, she describes it as if there's a marriage that's in trouble It is not a marriage [00:33:55] problem.

It is a village problem The same way that you know, we used to think oh I have a [00:34:00] zit I have an acne problem, but now we're like no that's actually like my entire biome [00:34:05] problem It is an entire system problem. They see You The problem of a [00:34:10] marriage as a system problem. Wow. And so the entire village is like, we [00:34:15] need to work on that.

And so they actually have a ceremony where they all [00:34:20] work together as a village to help get this, this, this marriage problem. And so [00:34:25] you asked earlier, like, can we do that as humans? They do that as [00:34:30] humans. So, yes, of course, we can.

**Speaker:** Let's do some rapid fire questions.

**Speaker 2:** Yeah. Why do smart [00:34:35] people still make dumb decisions?

Research is really clear on this. Really smart people can dilute themselves [00:34:40] quicker and more deeply than dumb people. Wow. [00:34:45] It's really just it's really clear. And so the reason is, uh, Because they're using [00:34:50] only their head, they're not using their entire system. And so they logically, boom, boom, boom, boom, and [00:34:55] they convince themselves that they're right.

And so that's why you see, like, great investors just make, whoa, bad [00:35:00] decisions. There's this great thought process I, I love, which is the [00:35:05] consciousness of the creators in the creation. Mm. And really, really smart [00:35:10] people make AI. Yeah. And. AI does the same thing. It's right, it's right, [00:35:15] it's right, and then it's just, nope, I'm totally hallucinating, but I think I'm right.

I have [00:35:20] noticed that.

**Speaker:** In fact, applying psychology to AI [00:35:25] interactions makes it work better. Yeah. Josh Witten has been a friend for, I know [00:35:30] Josh, you know, Josh, he's been for like 20 years. Yeah. That makes sense. Yeah. And uh, you two are really [00:35:35] similar. I can see that. Yeah. And he, they call him a robot psychologist now.

And he's saying, no, this [00:35:40] hallucinations, they're following the same things that humans do. And if you try to hack your AI, it's not going [00:35:45] to feel safe and it's going to change the way. And I think he's right. So too [00:35:50] funny world that wasn't a very rapid fire, but it's so good. Okay, so we're about to [00:35:55] be in a post artificial general intelligence world where we have things much smarter than that.

As a fact, I [00:36:00] think we probably already are. What's the role of emotional mastery in that world?

**Speaker 2:** [00:36:05] I mean, it's, I think it's the only advantage we used to have an advantage of, I say wisdom [00:36:10] is the advantage. Emotional mastery is part of wisdom. I wouldn't call it mastery, but clarity. [00:36:15] But generally we used to be able to get ahead because we knew something [00:36:20] like we'll put up with that asshole attorney because they're really good because they [00:36:25] know a lot.

We'll put up with more of that right now that's gone and all that's left [00:36:30] is how do I motivate work with. Influence myself and [00:36:35] others.

There's [00:36:40] this great moment We raised our kid in a unique way where we were very much. I don't we don't care about [00:36:45] the intellect We care about how you are with your will before we work on intellect and now they're fine. They're going [00:36:50] to great colleges but before we work on intellect, I Want to know that you know how to be with yourself.

**Speaker 4:** [00:36:55] Mm hmm

**Speaker 2:** and My sister had kids who spoke three languages at seven [00:37:00] and my kids just hadn't even learned how to read for the most part

**Speaker 4:** Mm hmm

**Speaker 2:** and [00:37:05] And somebody said to me, I was worried about it, and somebody said to me, Well, you can hire someone to speak a [00:37:10] language, you can't hire someone to be you.

**Speaker:** Oh,

**Speaker 2:** God.

And it [00:37:15] just hit me like a ton of bricks. And that's the same thing. Now you have AI that can do all the stuff. [00:37:20] The question is, who's going to be you? And that's wisdom. [00:37:25]

**Speaker:** Just goosebumps from that. I went [00:37:30] on a similar path. I learned to read at 18 months. And I've read more books than most people. [00:37:35] Because of that.

That comes at a cost. My kids didn't learn to [00:37:40] read until they were seven or eight. They went to a school that was all about emotional intelligence [00:37:45] and just becoming embodied. And they're doing exceptionally well and they're, [00:37:50] they're very competitive high school and it didn't seem to hurt them. But I think

**Speaker 2:** it's the same with [00:37:55] ours.

They're both. Like thriving and have great relationships and [00:38:00] have self control and love themselves and have deep relationships with their [00:38:05] friends and their family and but one of the

**Speaker:** The most [00:38:10] beautiful moments as a father that I experienced was when one of my kids I'm not saying which one just for [00:38:15] you know, privacy, whatever Sat down and said hey dad I'm going to [00:38:20] fire this friend because they're out of integrity and I just don't like what they're [00:38:25] doing.

I'm like, I didn't learn to do that till I was like 40, [00:38:30] right? I'm like, like such a good thing, right? Yeah. So, uh, congratulations. [00:38:35] Yeah. It was, it was one of those things where I, you know, it's always an experiment. You can't AB test your kids. So like, [00:38:40] how do you know? But I like to think emotional intelligence is important.

So you do too. Yeah. Do people mistake [00:38:45] thought for intelligence?

**Speaker 2:** Oh, yeah. Why? What's the difference [00:38:50] when we're thinking to ourselves? So let's just take that like critical self talk that happens, right? And I [00:38:55] think it's like 50, 000 thoughts a day. Something like that is what a human being is having a third of them [00:39:00] about tacos, by the way.

And so, Mm hmm. So I find most of [00:39:05] them, and there's actually a place on the path where those thoughts really slow down, is my [00:39:10] experience. But if it's a normal human having that experience, a lot of those are repetitive negative [00:39:15] self talk, right? And when you see that neurologically, it's all happening here.

[00:39:20] But when they actually talk it out loud, Then it actually activates other parts of the brain. [00:39:25] It's not just in the prefrontal cortex. And so the reason that people [00:39:30] mistake thoughts for intelligence is because the thing that is intelligent in us [00:39:35] is doing all the work. So they're not seeing that it doesn't correlate with [00:39:40] the rest of the system.

It's all just happening in this little snow cone [00:39:45] thing over here, shaking its own world up. Do you still have

**Speaker:** a mean voice in your head?

**Speaker 2:** No, [00:39:50]

**Speaker:** I'm either. How many people On Earth, would you say, [00:39:55] walk around with a mean voice in their head? Back to that,

**Speaker 2:** like a little more than [00:40:00] 99%? I think there's, there's two forms of mean voice, to be specific.

There's some [00:40:05] incredibly intelligent people, where they don't really have a, this is a, [00:40:10] also a, a fairly small, but probably more people who, There's people who don't [00:40:15] understand that they have a voice in their head yet. And then they'll figure that out. There are people who [00:40:20] actually don't have it, but they have all the somatic sensations of a negative [00:40:25] self talk.

So they're still in the shame cycle. But they're not, it's just not happening with a, [00:40:30] with a voice in their head. And then there is, Oh, that whole editor of [00:40:35] life is gone. And that I would, I would, I would. My experience is that [00:40:40] happens with what a Buddhist would call an awakening, the beginning of the awakening stages.

[00:40:45] Wow, yeah, and it's just like the editor is gone and it doesn't my experiences It doesn't just for most [00:40:50] people doesn't drop all the way away There's maybe there's still something nagging you to get shit done or [00:40:55] like but the but there's the primary voice Drops [00:41:00] usually like relatively all of a sudden where it's like, you know The, you [00:41:05] didn't do that right, da da da, all that stuff goes away.

For me, the,

**Speaker:** the critic is gone. [00:41:10] The voice in my head is 99 percent [00:41:15] gone. But it, it shifted to like a somatic awareness. I, I just know it in my body, [00:41:20] without having to think about it, without having to voice it, which seems to be a more efficient way.

**Speaker 2:** [00:41:25] Yeah, but, but there's still, there's still something that happens where it's like, [00:41:30] Oh, yeah.

But there's a way in which even that drops. [00:41:35] Yeah. That's the non reactivity.

**Speaker:** Yeah. What's the first somatic [00:41:40] signal that you're out of integrity? Kick in the gut, kick in the gut. Okay. Kick in the gut. So you're going to [00:41:45] feel it like right here. Okay. Got it. Yeah. It's going to feel horrible.

**Speaker 4:** Mm

**Speaker:** [00:41:50] hmm. When people.

Are in an interaction with another person and then they feel that kick in [00:41:55] the gut that they're out of integrity What do you coach them to do be an integrity?[00:42:00]

**Speaker 2:** You know that this is the so here's [00:42:05] this is this is a really good question So typically what happens is someone feels like they're at an integrity and then they [00:42:10] tell themselves they should do something different And they're like I should do this. I should do that Which is shame which is shame [00:42:15] which means that shame is a stagnating effect Meaning if you're ashamed about something you [00:42:20] Try to stop doing it.

And so if you look at in your life, or if [00:42:25] somebody listening looks at in their life, everything that they've wanted to change for the last decade and they haven't [00:42:30] changed, there is a should and a shame attached. It is a really inefficient way to make a change in [00:42:35] your system. So what I will encourage people to do is just feel the pain of it.[00:42:40]

Just feel how shitty that feels in your body to be out of integrity. Don't avoid [00:42:45] it. Don't go into your phone. Just be in that. Because if you actually feel that enough. [00:42:50] You won't do it anymore.

**Speaker:** David Hawkins I [00:42:55] think one of the 20th century's most enlightened people, [00:43:00] um, certainly in the West. He teaches, just feel it.

It takes 20 minutes to feel any emotion all the way through and then [00:43:05] you're done. But if you resisted, you can feel it for years, right? And it seems like that's in alignment with what you just said.

**Speaker 2:** Yeah, [00:43:10] we have something. We have a tool that's free for people, and they sign up on the mailing list, which is called [00:43:15] Emotional Inquiry, and it's basically a 15 minute process to bring wonder into [00:43:20] any emotional experience.

Wow. What's the mail list? How do they do it? Just go to Art of [00:43:25] Accomplishment and put your email in. Easy. Okay. I guess you might want to do that. Yeah. [00:43:30] We have a whole bunch of free experiments that people can use and run.

**Speaker:** Cool.

**Speaker 2:** Yeah. How do you read a [00:43:35] room without touching it? Saying anything out loud. Yeah, so this is that opens up with one of [00:43:40] the coolest things most people go into a meeting thinking about what they're going to say, how they're going to present.

[00:43:45] I typically go into a meeting and teach people to go into a meeting about how to listen. If I listen to [00:43:50] you like you are the Dalai Lama, I'm going to hear something different and you're going to say something [00:43:55] different. If I go into the room and I think that I'm going to listen to you like I'm [00:44:00] better than you and that you're trying to scam me, you are going [00:44:05] to say different things and I'm going to hear different things.

So, for me, it's just about [00:44:10] How you listen and my experience is listening with [00:44:15] openness meaning I'm willing to feel whatever needs to be felt here

**Speaker 4:** Mm hmm

**Speaker 2:** Is you get all the [00:44:20] information that you need really really quickly that most of what when we don't hear something that's happening in [00:44:25] a Room or with a single person is because we don't want to feel [00:44:30] something Makes so much sense.

I don't want to feel like my CEO sucks I don't want to [00:44:35] feel like this person's out of integrity or that I'm being conned or that The money that I thought I was [00:44:40] gonna make I'm not gonna make. Mm

**Speaker:** hmm.

**Speaker 2:** So we listen differently

**Speaker:** What's one emotion that [00:44:45] most people refuse

**Speaker 2:** to have but really should well that you can't refuse to have an emotion But refuse to feel or [00:44:50] admit or like except I would say fear is the one that I see people.

**Speaker:** Yeah [00:44:55]

**Speaker 2:** Even like some of the, the, you know, fear is the enemy. [00:45:00] Fear is the thing that gets in the way of love. Fear, anger is just fear. You know [00:45:05] all those things man fear is Fucking amazing. I love fear like you [00:45:10] want a direct path to your freedom. Just go every place that you're scared. Oh, man [00:45:15] Yes, it's like the the just like lean into gently.

You don't have to go [00:45:20] fast You don't have to beat yourself up, but gently just start leaning into the places. You're scared. I'm scared to [00:45:25] have that conversation Yeah, okay. I'm gonna have it. I'm scared to feel that thing. Okay, i'm gonna feel it [00:45:30] It is the most direct pointer towards your freedom, and everybody's trying to get rid of it.[00:45:35]

When I was

**Speaker:** about 25, I decided that I was going to do everything [00:45:40] I was afraid of, on purpose. Uh, and, I don't know, maybe that was some weird masochistic urge or something, [00:45:45] but, I just was thinking, for some reason, I just felt called to do that. Like, I You know, [00:45:50] I, I would rather deal with this. And I think I believed at the [00:45:55] time that fear had logic behind it and fear happens [00:46:00] irrespective of logic.

And it took another five years for a very wise woman to tell me that, [00:46:05] uh, fears and emotion doesn't have to be logical. I'm like, Oh God, my whole model of reality just crumbled. [00:46:10] No,

**Speaker 2:** but that's how it is. Like you're going to feel it or not. And you don't get to choose. Often, you're going to feel [00:46:15] it because of something that happened in your past, like a trauma is like a time travel machine and you're [00:46:20] scared because of some action that happened in your past that you're trying to avoid in the current state.

[00:46:25] How can you tell when logic is just fear in disguise? That's easy. [00:46:30] Logic becomes binary. It's this or this. It gets a false [00:46:35] end. Oh, I will get fired or I will be homeless, but you don't think beyond homeless. [00:46:40] And if you have to make a decision, those are three keys. If I think I make [00:46:45] 100 choices, I've made 1000 choices in this conversation, I haven't had to make a decision.[00:46:50]

As soon as my brain goes, okay, now I have to make a decision, I'm in fear. As soon as [00:46:55] it's trying to avoid a false end, I'm in fear. As soon as I'm thinking binary, it's one way or [00:47:00] another way, I'm in fear. Which is like if you look at our society, it's Democrat or Republican. [00:47:05] Everything's polarized. It's all fear.

Wow. It's all fear. Fear is polarization. And we

**Speaker:** think it's logical, [00:47:10] but it's Almost never. Never. Yeah. I teach that emotions happen and then thoughts [00:47:15] happen to justify

**Speaker 2:** the emotions. Yeah. Is that accurate? Everything I've read shows that to be accurate. I [00:47:20] think that there's, you know, there's some edge cases, you know, a snake, you see a snake and you're going to [00:47:25] jump before the emotion hits or before the logic hits.

So there's a nervous [00:47:30] system component in that, that I don't think neuroscience is fully like grokked or put together yet. [00:47:35] And I do think that you can have, there is a dance meaning you can have, you can do [00:47:40] research, have some thoughts, and it can change the way. That you feel [00:47:45] so there is there. It is a dance.

It's a two way street. It's a two way street. But typically when we're acting in the [00:47:50] world, what you're saying is absolutely the case. There's a bit of neuro

**Speaker:** fetishism [00:47:55] in the world right now. I just made up that word. It's great. Good one. It's so true. Where I've [00:48:00] arrived is that there's an embodied intelligence that Happens way before neurons get a signal [00:48:05] that it rolls up from the lowest level, which would be mitochondrial.

Yeah, the frontline [00:48:10] environmental sensors And they have their own intelligence. They vote with each other. They talk to each other. They're quantum entangled. We know all this stuff, [00:48:15] right? It's like there's the behavior of the body that all the embodied leadership stuff The body [00:48:20] is before the nervous system nervous system is a communications network after the body does and feels and [00:48:25] decides some shit It hands it to the nervous system.

Yeah, which then hands it to the brain We process it at low [00:48:30] levels and we get it to our prefrontal cortex a lot later You Why do we ignore the body and go straight to the [00:48:35] nerves? It's, it feels like just a, a model issue.

**Speaker 2:** My answer to that is, if you take a kid [00:48:40] who is physically abused, and you put a quarter in one hand and a key in the other hand, they won't be able to tell you which is [00:48:45] which, because they have learned to stop listening.

Wow. Same emotionally. If you were [00:48:50] told emotionally you're going to be loved, Or not loved or rejected or punished [00:48:55] for having emotions. You stop feeling your emotional experience. And so the grand majority of [00:49:00] human beings have been taught either only listen to your body when you're doing something like playing [00:49:05] basketball Because it's going to hurt so much if you actually pay attention to your body [00:49:10] Because you're going to be in such you're going to be growing up in an environment.

That's so out [00:49:15] of integrity That it's just going to hurt to be in it. And so stop listening [00:49:20]

**Speaker 4:** It

**Speaker:** reminds me of when I was in my early teens high [00:49:25] speed mountain biking was like the only way to feel like I could do that. Because I know if I, if I, [00:49:30] If I think I'm going to rack. Yeah, exactly. I don't think I could just go fast enough and not quite wreck.

Then [00:49:35] I could feel totally. And I didn't know that's what I was doing, but I think a lot of extreme sports people are just [00:49:40] doing that.

**Speaker 2:** Yeah. That the guy I do the podcast with who asked me a lot of [00:49:45] questions, he was like a world class air sports guy. Yeah. And that was his, it was. [00:49:50] Because of that experience of being in flow of understanding the fear differently [00:49:55] in this system is what brought him into the self work sounds like similar to you.

Wow, [00:50:00] yeah, it's

**Speaker:** been people arrive at arrive where they're going different paths. Why don't [00:50:05] people say what they mean? They're scared of the consequences. Are they scared of the [00:50:10] consequences because of the culture in their workplace or because of their childhood? Both

**Speaker 2:** [00:50:15] depends on the culture of the workplace, but just to be clear, they're scared of the [00:50:20] perceived consequences, not the actual consequences to bright to write [00:50:25] like.

So oftentimes I'm working with somebody and they're like, I feel like I want to quit. I'm like, great. How about we do [00:50:30] this experiment in X in advance? Just be exactly who you want to be and see if you get fired. [00:50:35] So good 80 percent of the time they thrive in that workplace [00:50:40] 20 percent of the time they leave or get fired.

Yeah, right. But everybody thinks they're going to get [00:50:45] fired. There's no that entire group. Everyone's like, I will get fired if I am myself. I'm like, well, if you're going to quit, who [00:50:50] cares then? And it's just the opposite happens. So we want empowered [00:50:55] people working with us. 100%.

**Speaker:** Yeah. You imagine what percentage of [00:51:00] your cognitive resources you're burning to be someone you're not every single [00:51:05] day as a CEO of multiple companies.

I don't want people wasting that much energy [00:51:10] because even if they don't waste the energy in what they're doing at work, then when they go home, they won't have anything left for [00:51:15] their relationships and for taking care of their health. Like,

**Speaker 2:** don't waste that. Also, you can never. Be [00:51:20] accepted.

**Speaker:** Yeah.

**Speaker 2:** Like if, if I'm loved for who I'm not, then I can't be loved for who I [00:51:25] am.

Wow. And so people are being themselves, not being themselves and therefore can never actually get the [00:51:30] love or acceptance that they want. Wow. That's

**Speaker:** profound. And yeah, so show up at [00:51:35] work as who you are and if you're an asshole, you probably should do some therapy. [00:51:40] If you're an asshole, you're not showing up as you are, who you are.

Very very well [00:51:45] said joe hudson. This has been a remarkable interview Thanks for coming to austin for [00:51:50] it art of accomplishment. com people can get your list You have your podcast anything else you want to tell them [00:51:55] about youtube

**Speaker 2:** channel and come to the free workshop So you can actually taste it. See if it's right for you.

**Speaker:** [00:52:00] Beautiful.

**Speaker 2:** Well, thanks again. Yeah pleasure. Thank you See you next

**Speaker:** time [00:52:05] on the human upgrade podcast