



- Speaker 1: [00:03](#) The Ray. This is the podcast for prosperity with purpose, so we got lots of, we actually got lots of response store
- Speaker 2: [00:14](#) stuff about TV preachers last time, the last episode. Okay. Apparently not a lot of fans at Peter Popoff and I don't know why Robert Tilton and others and there's a kind of a demand for us to name more names. We're not going to, I'm going to give you the list of fraudulent TV preachers. You have to figure it out on your own. I know you have to think for yourself. It's rough, but I am struck by the fact that how powerful TV preachers are, as much as people complain about them, they are still a billion dollar industry. Why? What is it about preachers that makes them so powerfully persuasive? Well, I think people just want to believe in something. People want their delusions to be affirmed. Oh, hello crowd or the preacher, the crowd. The preacher is, knows that it was, the preachers were talking about they know what they're doing.
- Speaker 2: [01:11](#) They're nefarious and we're not talking about all preachers. No, but we're talking about the ones that are out to fleece. The flock. Right? Well, and, and I think people who want their delusions, uh, supported. I mean it goes beyond just deceptive. People will listen to teachers and speakers for that reason, whether they're being deceptive or not, but in the case of why our TV evangelists so effective, I would say that it's definitely especially true in that scenario. So let's talk about what do you mean by when, if I want my delusions affirmed, what are you saying? Your, your delusions, what, what I'm, what I'm saying there is, I'm assuming you have a worldview that is not in alignment with reality and I'm calling that a delusion. I see you're saying, and I want somebody to come along and affirm and say, yeah, you're right. This is illusion.
- Speaker 2: [02:01](#) This is what I have determined when I found my own delusions. Because guess what? We all suffer from delusions. Maybe you do. We all, what's your most recent delusion that you discovered? That's how I don't keep a log of them. And at this point they get quite personal. So just thinking about my own answer to that question and I think I want that on a podcast. If you like that. Okay, go ahead. We all want things to be true or were afraid that things are true. There's a great line in the sword of truth series, the sort of truth series. Yeah. What is that? It's a

book series by Terry. Good kind and it's a, you know it's got wizards and magic and diarrhea towards, I don't think there are fairies are there ferries? Don't know cause there aren't like elves and dwarves. That's true.

Speaker 2: [02:52](#)

There might be a little thing. So they called fairies. I can't remember. Maybe, maybe. But one of the things, the main character learning, like he learns from a wizard and in this series wizards have rules and they're like the, the, the pillars by which they operate. And the first one is people will believe anything either because they want it to be true or they're afraid it's true. Which is a pretty profound observation on human behavior. And like just look at political parties, watch campaign rallies for either side and the audience will believe the most. I mean just look at this whole, I can't even pronounce her name, Alexandria Casia over Kazia. I'm not, I'm not sure. She got elected over and over on the east coast and she, she put out this thing about the green new deal that is so, so disconnected from reality.

Speaker 2: [03:45](#)

It's, it's like the, the, the, it's a, it's about the how to impact climate change, which is great, but like whoever it was didn't crunch any numbers because the amount of money and like she wants to like have, be building so many buildings a day. Like in order to house all the people that need housing. Like it's just completely detached from reality. But people want to believe that's true. That's politics. Yeah. So, but I mean you look at, you look at political parties and people will believe things either because they're afraid they're true or because they want them to be true. And you can just see that you look at Republican campaign rallies like Trump rallies, and there's a real big fear that immigrants are going to take over our economy and our culture and that part of the country now that fear is not based on fact or reality.

Speaker 2: [04:27](#)

If you look at the facts throughout history of immigration and Economics and cultures and everything, that fear is not based in reality, that does not happen. Uh, and immigrants are actually good for the economy and good for the culture, the home culture, the culture, eyes. I know that that's not an edgy, it works. It's okay. And, and all this stuff doesn't like, it's not true, but Trump says it or whatever. Whoever says these, these anti immigration things in, they get these chairs, not because they've actually gone and looked at the facts, but because someone is supporting their delusion. United we stand right? Someone supporting their delusion. And so one of the things I've discovered in my own life is that when you run into someone, or a movie or a TV show or a song or a political candidate that makes this, that says something that makes you go, oh look, see, they agree with my delusion, I like them.

- Speaker 2: [05:21](#) Okay, but you don't, we don't actually say, no, no, I agree with me. Oh, it was the truth. They agree with the truth. They agree with obviously the truth that I know to be true and I like them. And then we hear someone say something that contradicts what we think is true and we're mad at them. And without critically analyzing an argument or anything, we just discount them and say, no, they're wrong. We find a reason to, to throw off their character so we don't have to listen to anything. They say, oh, that Joel Osteen's Niles too much. I don't have to listen to anything they have to say because there are a bigot. I don't really know what that word means, but I'm going to call someone that so I don't have to listen to him. Okay. That massage dentist, I don't know what that word means, but now I don't have to listen to them.
- Speaker 2: [05:55](#) Is that somebody who gives, yeah, earnest sounds like maggot. It does quite a bit. So there's a guy named Blair Warren who wrote a book called the one sentence persuasion course. And here's the one sentence, I think this is pertinent, what we're talking about. He says, people will do anything for those who encourage their dreams, justify their failures, allay their fears, confirm their suspicions, and help them throw rocks at their enemies. Yeah. And so that all can be good or bad based on whether or not it lines up with reality and what your intent is. Right. But if you're, if you're, if you're feeding into people's dilute that, you know, oh, well do they people fear immigrants? So I'm going to use hostile language against immigrants to convince these people, even though I don't have anything against immigrants. That's nefarious. That's deceptive. And that's wrong. Excellent use of the word nefarious.
- Speaker 2: [06:47](#) By the way. What's that mean? Evil? Oh, I like that word. Now it's a big smart sounding way to say evil. Bad, bad, bad, bad. He's nefarious. Malignant. Maleficent Melissa sent. So how do we know? So going back to the original question, why are these televangelists so effective is because you have, I think, I think just like you have pockets of people who are the most desperate, they have, their delusions are the most detached from reality. Um, they are the most desperate for someone to affirm their view of reality. And so they will listen to insane people as long as they affirmed their worldview. And so I think these televangelists are speaking to his people who, who really want to believe their version of Christianity. They really want to believe that, that what this preacher's telling them is true, whatever, whatever the messaging is usually some form of Aladdin's lamp, right?
- Speaker 2: [07:39](#) Rub The magic lamp and you get what you want, right? Yeah. All your problems go away. You don't have to work for him to go away or anything. If you saw my question to

you is, if you buy into that, how's that working for you? Right. And so, but that answered the question, why are these people, why are these televangelists so effective? I think it's because the people are so hungry for someone to say to, to encourage their beliefs and their beliefs quite frankly, are so detached from reality at this point that that you kind of have to be an evil person to you. One of those people were really ignorant person. What about, so how do we know if, if we're diluted because the nature of delusion is your diluted, right? Yeah. Or it's just about them and say the nature of deception, you're deceived, which is a great way of saying you don't know what you don't know if you're, if you don't know that you're deceived, you, you can't see it.

Speaker 2: [08:27](#)

I ran, I ran across an explanation to this by a guy named Matt on a, there's a, there's a podcast. You're going to judge me now. If you go listen to this podcast, just go ahead, judge me ahead of time. It's called the bad Christian podcast. But Matt was talking about Jordan Peterson and he says, I can't follow Jordan Peterson or any cause I cause I love the guy. I agree with everything he says. And the other guys in the show where like what said? Yeah, I agree with everything he says. There's nothing he says that upsets me. And that makes me scared of him because, and I, as I heard Matt talking about this, I'm like, oh, I get this because I've been on the same road myself. Anytime I buy into somebody, oh yeah. Stick Hook, line and sinker. Right. His theory is it's calculated that the reason I agree with everything that he's saying is he's targeted to me, to a guy like me to males in America.

Speaker 2: [09:18](#)

A lot of them will, a lot of Jordan Peterson's followers are millennials. Right. Which is interesting cause he's, uh, like 50, 50, or 60 years old and he's a, he's like a staunch, like classical, let logic foundational. But man was saying that he's, because he's, he's tailored his message to his audience so well that everything he says makes them go, yeah, that's true. I agree with that. I'm not going to think about it. It just sounds good to me. Right. And that's the thing. I'm not gonna think about it. It just sounds good. It affirms my worldview. But if you go around questioning your worldview, I mean how does that feel? So, so here's the deal. I want to go back to the phrase deception, like the nature of deceptions that you're deceived. This whole idea that you can't see what you can't see. That is true. As long as it's not self deception.

Speaker 2: [10:03](#)

Explain a lot of a lot of this TV evangelists being won over by some group or person or speaker, whatever, uh, you're not being won over because you've been deceived, you're being won over because you want what they're saying to be true. So you're willing to overlook the objections in

your own mind. Do you have anything like this, Tiffany, is there anybody that you've followed that you just bought another whole deal and then later on you look and said, oh that was a bunch of crap fitness people. So like what's an, what would be an example? But I'm like totally into her Instagram feed and I think she speaks a lot of self love. But somebody like that, let me think. It's like fit head or be fit head there. They have like these super beautiful fit women doing the exercises and they're like really simple exercises and they're like, do six of these and you'll look like this.

Speaker 2: [11:01](#) It's all about the exercise that they're showing you. That's what it's about. Just out of curiosity, what are they wearing? How they do these? It's pretty much nothing. Okay. Right, but really cute. Nothing's right there you go. Yeah, but so the fitness, I think the fitness industry is a good example of this because they make a promise that if you just eat this certain kind of food and you do these certain kinds of activities, you'll look just like these people that you have no chance of looking like cause you weren't, you didn't win the genetic lottery. I think that's totally true. I think that if you are working hard enough and committed to it, truly, I think you could look like that. You think that's true for everybody? I do look exactly excuses and your legs and eat shit. All right, so Tiffany finally said what?

Speaker 2: [11:41](#) I wasn't willing to say. I don't believe in the whole you're beautiful. Just the way you are. A message? Same. Okay. See, I was afraid to say that in front of the other women in the room. I'm going to be honest. No, don't, I don't the message say more. I think it makes, I think people make excuses just then to be fat or curvy. Okay. But, but by, by Putin, there are people, like I was watching it, I was watching that movie you told me to watch about growing younger. And there's a doctrine that movie who looks kind of like a troglodyte like or like a caveman kind of sort of guy. You know the one I'm talking about, right? Yeah. Okay. But it was the angle of it doesn't, it doesn't matter how much he exercises, he still gonna look like that. What do you mean?

Speaker 2: [12:20](#) Oh, he's face facial features. So what are we talking about? We're talking about the bodies and like this curve men, curvy mentality and accepting yourself and like fat is beautiful. Fat. Yeah. Okay. So setting a, setting that aside. Glad that we're talking about the setting that aside as I want to talk about this. I do. I do want to talk about it. So you're saying if you're not fat, you're beautiful. No, no. I'm saying that there is a thing called beauty. It has a definition and a certain set of characteristics, and by defining every form that a human is as beautiful. You've basically removed you basically defined beauty out of

existence. I agree with that. I don't argue with that. So beauty is something there. There is something that's beautiful, but there there's a name a supermodel, so bell bunching. I didn't love her. I don't know.

Speaker 2: [13:17](#)

I know who you're talking about. She's quite beautiful. There are women in this world who are also pretty and beautiful, but they'll never look exactly like just hell no, no. It doesn't matter how much they exercise. That's not the standard. I think what Sean and I are saying is that there seems to be this overriding thing, especially now like with the media and in ads and stuff where they're trying to bring into the beauty realm or whatever, that the curvy is pretty in fat. When you say curvy, you mean fat? I mean overweight because curvy does not mean fat to me. That means something else to me. Totally, but they're calling it curved. I almost posted recently like on the Tinder bumble apps, like you're on Tinder. I find that women who call themselves curvy are either optimistic or pessimistic, meaning they're actually quite thin and they're calling themselves curvy because they have low self esteem.

Speaker 2: [14:10](#)

She was being pessimistic or they're just plain overweight and her being an optimist, overweight, fat, but I think they use it as an excuse not to actually do the hard work. Hang on a second though. You just said there, they're overweight. Why didn't you just say fat to fat? So here's what I'm going to, here's what I'm going to the bill Johnson quote, reaction to air breeds air. So there is an error that all women should look like the supermodel. That's the error. Yes, because she's five 11 130 pounds. That's the error. But if you're six one you're never going to look like her or your five one you're never going to look like her best. That was my point. I was trying to make her. That's not the standard the stuff seen. That's an error response to reaction to that air is, oh, everyone's beautiful.

Speaker 2: [14:55](#)

Just the way they are like so, so that you don't have to feel judged for how you look. Now we're just going to say that you're beautiful no matter what because we don't want to hurt your feelings. That's another error. We are going to get so many nasty comments. If we actually published and we're going to publish this because this is a real conversation that needs to be had. I, I agree with you, but there's, this is what I say this, let me finish the point. What I'm saying. What I'm saying is that every person, unless you, and this is just sad, unless you have a genetic anomaly, every person born with a normal genetic set has the potential to be beautiful and the ability and the ability, but not everyone chooses to walk in the fullness of their beauty. That's how I put it up.

- Speaker 2: [15:34](#) What about a person whose eyes are too far apart? I said that there's a this well, but see even slightly different facial structures can be very attractive. They might not look like the supermodel, but if you do the hair right, if you do the beard, I'm talking about guys and if you do the beard right or whatever, we may can't have beard swimming can appear. Um, no, but, um, but uh, you can, you might not look like George Clooney, but you can still look good. But there's, but my point is there's variability in the definition of what we're saying is yes, beautiful. Yes, there is variability, but I believe there are parameters and they're like, it's just like there are different types that appeal to certain people. Like I have types of women I find more attractive than other types of women. Yes. You have the same for men.
- Speaker 2: [16:12](#) I'm sure that some men are more attractive than others and other women would find them in that you find unattractive, attractive. Yes. I, okay. Bottom line. I get sick of people making excuses to be fat. Yes, absolutely. Do you re Oh do and and I, I'll give me an example of an excuse to be fat. Oh, I'm just curvy. Even though I am a size 22 oh this is just my body. It's my body type genetically prone to being fit. I just don't have good genes. We don't mean the kind you put on every morning. What you really mean is you wanted to eat that scone for breakfast and you didn't go to the gym. I'm sorry. That's what you mean. Yes. Can we just, so who determined that we all have to have some amount of fat on our body? Who determines how fat is just too fat?
- Speaker 2: [17:03](#) I think. I think a health standard, like what's healthy is it's pretty close. So what I had a friend who we were talking about biggest loser and I love what he said, he's like, cause we were talking about the show, the biggest loser was like five or eight years ago. It's like biggest, one thing biggest loser has taught me is that inside every overweight, unattractive person is an attractive skinny person. Yeah. And that's true. That's what the biggest loser is. One of the things that helped me come to this place as well. It's like, look, all of these people who may have just said it this way, I'm just curvy. They just put in the work. God, they could be a fricking model. Have you ever struggled with being overweight? Uh, I did put on 40 pounds up to college. I wasn't technically overweight, but if you looked at me when I saw it, but I did not like how it looked with my shirt off. But Sean is young in comparison. I mean, not in country does youth does cover a multitude of sins.
- Speaker 2: [17:52](#) So I mean it just, so what you have to do is in this, when you, when you just accept reality for what it is, that there is a thing that's beautiful and you can achieve it or not achieve it. And then sometimes there are people who



get deformed or have a genetic error. And unfortunately those people are just screwed. Well, just like you're screwed if you're born without a leg. I mean, I mean, yeah, you're deficient, but you can be, you can, you can, you can excel in other, hang on. So a personal battle deck might argue with the fact that there are those that are not deficient. I would say they are. What about a person with Parkinson's? I don't look, you are not. Well here's the deal. You are not functioning the way that your body was designed to function. That does not end, does not affect your inherent value as a human, but it means that you're as an organism, you're not functioning.

Speaker 2: [18:35](#)

And what people are trying to say when they say everybody's beautiful the way they are. And that's fine. Okay, but you do, you get what Sean and I are saying too about the excuses thing. I totally get to, even if you're fat, there's a reason you're fat, you ate too much, you didn't exercise enough. Yeah, I get that. But now it's being cloaked as curvy and now it's big cloak dislike, don't body shame me. I get that to body shame. But except reality is the fear that I think the fear that people have that are either not fit and they feel kind of hopeless about getting fit because maybe there are 150 pounds overweight and we all know that can work their way back to a fit state, but it may feel impossible to them if they'd been that way all their life. You look at you, you lost a bunch of weight, you look thinner it, it was really just a mindset.

Speaker 2: [19:18](#)

You decided to change your mind. Well, that's true, but let's go back to the like missing a leg or you have a disorder like Parkinson's. Like if somebody just looks at me, they don't know me very well. I look kind of weird when I'm shaky and I just looked strange, right? There's nothing I can do about that. That's okay. So what do we say to people like that who say, well, I can't be beautiful. I can't meet that standard that's always shaking and weird muscle movement. That's not not beautiful. Oh well you have to find a way. You have to accept it and you have to find a way. You have to find a way to look to, to a, to understand that you have value and that, yeah, it kind of sucks that life dealt you some cards that, that you don't have the full physical capacities everyone around you.

Speaker 2: [19:59](#)

You have to accept that. You have to find a way to accept that. You have to find a way to be happy beyond that. But making everyone else pretend that reality is a different way for the record. I don't, I don't try to do that. I know, but most people do. But making everyone else pretend to deny reality. Um, and, and to basically lie, just to make each other feel better is not the answer. Totally. And you, with your shakes and stuff, I just say you should just rock it rather than try to cover it. It's, I do, I do kind of rock.



So that, that's what I did want to say. The day in the podcast, we were talking about that video and you'd showed it at the event and I'm like, I just don't even agree with this message. Oh really? Yeah. See I think that's a totally different message.

Speaker 2: [20:38](#) I kind of thought so. See, cause I thought he was just, his message was like there were elements that I agreed with. Absolutely. But the overall archetypal image, the what I felt like the basis of that video's message was, was the same sort of premise was that everyone's feeling judged and shamed for their body. So I'm just going to tell you, you don't have to do anything. You're beautiful the way you are, which I, I just can't get behind that message. I don't think that, I don't think it's the same message. I think the problem is that so many women especially are held up to an impossible standard, not a fitness, not of symmetry, not of beauty now of caring about their appearance, but like they, they think their legs need to be a certain length and he see their breasts need to be a certain size and we're not, I'm not saying that he's saying that.

Speaker 2: [21:21](#) No, I know you're not so, but I think that was the message of the video by Prince Ea. He was trying to say, don't try to measure yourself by these impossible standards that you can't even, there's no way you can meet, right. You can still be beautiful without meeting these impossible standards. I guess I'm just so sensitive because it's such a prevalent thing in our culture that it's like that thing seemed to be dripping of, of the don't, don't try. Don't worry. You're using to have videos saying, don't try. Well, okay, one before I lose this train of thought. I think there's a variety. There's a large scope of beauty. Yeah, absolutely. And there's a lot of variety that could be included in that. Now. What was your question? Sorry? The video by prince ea about girls. You're ugly. Had a hard time swallowing it because to me it's like speaking a different language.

Speaker 2: [22:12](#) It was almost like I get it, but I don't quite get it. Does that make sense? Yeah. You don't, you don't believe it. You don't agree with it. Yeah. That was my thing. You're, you're, you're both free to be wrong. It's okay. I don't want you to feel bad about it later when you listen, I'm tied to objective reality. That's all I'm saying. Sorry, I keep interrupting you. It's okay. If you want to get a word in edgewise is Sean, you have to interrupt you. You said we got to talk over each other. Okay. I think teenage girls and young girls especially need to hear that as they're going into the difficult middle school and high school years. Does objective reality not apply to them? Wait, what do you mean? Well, you were just arguing for Sean's point that he believes in objective reality, which she

apparently he knows exactly what that is all the time because I mean, he's never wrong to not try just hanging around him long enough.

Speaker 2: [23:00](#) You'll learn he's never wrong. I know, I know. I know. No, no. Teenagers in particular need this message. They need to know because they actually, they start off pretty. Yeah. And they need to know that their identity. No they don't. They start off weird and gangly and pimply puffy and my daughters, they're freaking gorgeous. Teenagers need to know how to think, not what their feelings are. Not Whistle might have that video was don't be manipulated by the media, which is fine. That was the, that was the whole point. It was, but it was couched. It was veering off the actual pies. I think you have veered way off the actual subject. Most of you don't know. No, I think there were a lot of good things that he said in the video that were true, but it was baked in a, you're pretty the way you are. Cake. Yeah. And so even though there were good things in it, it's in a cake that I didn't agree with. Well, I'm sure our listeners will weigh in on this. Oh my. I'm scared. I'm scared of what they're going to say.

Speaker 2: [24:02](#) I'm not afraid of you guys unload on us because I feel like I haven't said it enough. Is that what irritates me about this whole thing is that allows people to make excuses to be unhealthy. Is this, is this at all speaking to yourself? Yeah, I've come out of a year of making excuses. So with same we'll see. Well, not, I don't, I wouldn't say that you've put up 70 pounds. I have no idea. No, I mean, we'll see if you're coming, if you've come out of a year of delusion, what are you saying? Well, right now at the beginning of I'm resolved. I'm pissed off. I'm going to change this now and now you're all fired up about it. Okay. Can I just say, this is not the beginning. We'll check back with you in three months. Okay. No, I like that. Hold me to it.

Speaker 2: [24:46](#) All right, so how much do you weigh? Oh, I whoa. What's Dua? I weight one 63 do you really? Yeah, well I'm five 10 so yeah, I can hide it. Yeah. Hey, well, hey, you can hide it and B, you got more bone. That's the thing. People don't, yeah, I did a full body scan with my friend Amy Strobbe who's awesome. Amy Strobbe shout out once her Instagram. Um, I think he's just Amy's job actually, I'm not sure. Anyway, she, she did full body scan and she does like the, how much of you is bone? How much of you is fast? How much of you is muscle? And I'm down to 28.9% of fat. Now that's actually kind of average, but I was at 30. I was actually at 32 when I started this whole thing. That's technically obese. I know I'm at 16 what? You're 60% body fat is 16% body fat.

Speaker 2: [25:41](#) Do you list? It's not an unhealthy, do you lift or anything? I haven't. Do you even lift bro? Look Bro, totally workout. I W I did. I used to be a five to six day gym goer. It was only in the last year and a half, two years that I stopped going. What did you do at the gym when you went, Oh, I lifted. Yeah, I didn't do much cardio. Oh, that's why my whole, my whole weight loss thing stopped cause my workout partner quit on me. You should start working out with my excuse because I'm tired of his excuse was Oh really? Wow. Yeah.

Speaker 2: [26:12](#) Commit. Just so you know, I know that all the angry comments are, I've already been written and there were so to all of you, to all of you people that now hate me, this is what, this is what I want you to know. I think every human being has a certain inherent value that can cannot be affected by your weight, your look or whatever. You have value to humanity and to society and to God. That goes beyond how you look and it can't be touched. So I'm not calling in your value as a human being, but I am saying there are standards to beauty, to health, to happiness, to joy, to truth and these things we have, we have to accept them. I have to accept them. And so you're having a pollution. Just want make sure I understand the delusion that I'm going to lift from my eyes.

Speaker 2: [26:59](#) Okay. That is, there's an objective standard of beauty. And if people don't make it, they're not beautiful, they're ugly. No. Well that is a really poor way of, of, of choosing to, let's just say they're not beautiful. No, that's I, the way I put it is that they are choosing not to walk in the fullness of their beauty that they are choosing now. Yeah. They know it deep down they know it. So we're mainly just talking about people who are fat. Well, well maybe some, maybe people who are, who are skinny but don't take any effort to make themselves look nice cause they don't care about how they look, but they don't have to worry about their weight or whatever. And so they just, I don't know. I'm just saying it could go beyond people who will say to me like, we're just talking about people who are fat.

Speaker 2: [27:41](#) Well, we did talk about the whole weight thing that that's really where it came in and the cause when I'm running deformities and genetic disorders and all those other things, you guys were like, no, we're not talking about that. We're just basically talking about the fatties because some of those genetic disorders are kind of cool. Like when you're missing an arm or a leg. Yeah, that seems really freaking cool. I mean, ask Nick [inaudible], Nick v how he feels about having no limbs. I think maybe his answer would surprise you. I probably wouldn't surprise me. He's super positive, but my point is I've been

talking about really is fat people. Yeah. Do you have a problem with that? I mean, obesity is a problem. It's like, what is it like the number one, number three killer Nikolai's it. Now it's, we're not talking about looks. We're talking about so scared about publishing this. I feel like you guys are going to get some major backlash. US. What about you?

Speaker 2: [28:28](#)

Yes, fat people. I'm tired of it. I'm not, but whoa. Okay. I just want to know, not walking around going, we were gonna make that a tweetable people. I'm tired of it. We're not, we're not saying fat people are bad or no, we're saying that they, that there is a reason that they're the way they are and that they shouldn't make excuses for, like you said there, what was it there? They wear it, they wear it. What is it that they were like their emotional baggage and their self control and their discipline. Well I can't argue with that because I said it must be right. He basically did. When did I say that? I you said it a few, many times. Cause you've heard everything I've said pretty much. And I think actually some of this comes from my own struggle and my own excuses.

Speaker 2: [29:15](#)

So I, I don't want to like say these people are those people like I've struggled with this kind of thing too. Yeah. Well I have to and I still have void to lose. I still have too much fat on my body so I get well and part it's just an objective reality is it's measurable. You can look and you can manage the fat percentage and say that's not healthy and it's math. I mean I know hormones and stuff RevoPT but it's math. It's calories in, calories, math. Also though there is a heat, the growing younger documentary, that hormone thing. Oh, okay. I just learned this yesterday. Restricting your calories, like not actually eating as much food as you need to to just maintain your body. Even if you're just sitting on the couch all day. If you, if you restrict those, you actually are at risk of totally throwing your hormones out of whack, which results in a variety of different problems.

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However, there are many studies that show the restrictive calorie restricting calorie intake actually results in less mortality. You live long, I think she's saying you don't eat it like if you're anorexic or something. Yeah, totally. Just for the, for the, I want to make one point about, I watched that movie. It was very interesting, but it was all designed to sell the, the stuff that that guy sells. I actually didn't even watch it all the way through. I just like the gist of it. Wait a minute. No, I totally did. It's true about every one of these movies. You know, you should watch this. You don't actually watch all of them. No, this was like the first 10 minutes of ray should watch this became obvious that they were pushing something to me, but I got the whole, um, the whole hormone thing

from it and I realized just based on the symptoms that they were talking about, that I could really benefit from some of the things that they were saying about hormones.

Speaker 2: [30:52](#) There's lots of truth in what they were saying because it was designed to sell doctor, doctor, doctor life. His name is doctor Jeffrey Life. I want to go, come on to what Tiffany was saying that a lot of, lot of what she was saying comes from our own experience because I think some of my own bottled up angst against this issue, not so bottled up, but go ahead. But it was until now. It was until now was part of it was because I, I did the same thing. I engaged in the same sort of self deception and areas for my own self esteem. And then I would just say stuff, you're beautiful. Just the way you want to realize. I wasn't doing those women or guys any service by just telling them Bs. So they feel better that that wasn't doing it. So, so, so part of it is frustration at myself for the years that I allowed myself to, to not live accordance to objective reality, but just just said crap to make people feel better and make myself feel better.

Speaker 2: [31:46](#) And, and I'm mad at myself for that. And so part of my angst is, is like this, this really screwed me over and some personal areas of my life and it pisses me off. Their culture teaches us to do this. And nobody, nobody really believes that everybody is equally beautiful because if you, if you've ever looked at George Clooney or Kate Upton or anybody that you admire the way they look and you said that person is beautiful or pretty or handsome, you're admitting there's a standard. Yeah. And everyone knows. And this other thing, even before I could put words to this concept, uh, to this critique of this concept, I would say when I first started questioning, I was like, everyone knows it's bullshit when you say, oh you're beautiful. Don't worry about how you look your beautiful saying it to a girl who's like 50 pounds overweight or whatever.

Speaker 2: [32:27](#) Everyone including the girl, she doesn't even receive the compliment. No, no one believes it. Okay, but just crap. Totally. But can I just say that somebody that you may find attractive, somebody doesn't find attractive and so it's sort of, there is some very, there's definitely some variability. But what I'm saying is there are instances where people would say things to me about how I looked and I knew that they weren't telling the truth. You know, cause they were just saying stuff cause it wasn't, they didn't want to body shame or they didn't, they were even afraid of me having ever been body shamed. You know, like there's such a sensitivity to it and it's like, it's so screwed me over in some aspects that it pisses me off.

What aspect? I don't want to go, it's personal. I don't want to go, oh that's the good stuff.

Speaker 2: [33:06](#) I don't want to get into the super personal stuff. But there have been deep things, not just physical, like my physical appearance, but like deeply psychological things where I was just lying to myself because I wanted a situation to be the way that I'd be a certain way. Um, and culturally we, we've been taught that it's okay to do that. And so this is just a set, this is just a manifestation of the same sort of self deception that can destroy your life. Which takes us back to the beginning of this whole discussion. We were talking about TV preachers, why people buy into them, why they are so powerfully persuasive. It's because we want our delusions affirmed. Yes. Way To bring it around. I go and want our delusions affirmed. So what delusions are you affirming? Whoa, that's a good, that's it. Good. What delusions are you affirming?

Speaker 2: [33:50](#) I felt like I should start a social network illusion book. All right, so now it's, now it's time for the portion of the podcast. We're currently calling Q and. A because I don't know, I don't have, I don't have a better time before we weren't just, okay, cool. I thought we were just going to wrap up, but you know, sweet. This is a fun segment. Okay. And we didn't do it last man. So whoever's questions we are answering at the end of this podcast, I'm sorry you are. You're a part of my question. Oh, well. So I'm not, I'm not worried about you and you know what we should do though, rate is next time we should, you should totally put something out saying that you want questions that we could answer them. Yeah. Okay. I'm putting, I'm putting this out right now. We want questions from you about this podcast.

Speaker 2: [34:33](#) If you heard something that stirred you up or made you angry or you have questions about it or happy or happy, then send the questions to support@rayedwards.com no, send them to Tiffany. Oh, [inaudible] dot com all right. Oh, your accent for it now. You may get some messages. You are expelled on our podcast coach Ed hell though. Podcasts go says he'll liked Tiffany's questions last couple of episodes so I can let her ask some questions and that's great. Yeah. Okay. Let's see. Oh, I heard this one today on a podcast that I thought was so cute. This is super so cute. All right, we're taking it back up to, let's make it cute. If Gabriel the roller rollerblade Gabriel's gunner on Roller Blade Ray, would you rather be able to speak and hear and understand animals speak to and have them talk to you? Or would you rather be able to speak all of the languages of the world?



- Speaker 2: [35:26](#) Oh, I'd rather this be able to speak all the languages of the world cause I mean, the animal thing is cool, but what does it get me being honest. Oh, you could go anywhere and be able to speak to people. Gosh, it'd be so rad. What about you John? Well, okay, so I have to ask some clarifying questions. Of course you do. Well, animals do not have the same cognitive capacity as humans, so as far as you know, so if I'm going to be able to quote unquote understand them and then be able to communicate to them, then there has to be some, then we're there. We're dealing with some sort of mechanism that imbues a certain higher level thinking to them. When I, when I use my ability with them. Assuming though that they don't have some cognitive, whatever you said. Well since they aren't building skyscrapers or airplanes, I'm pretty sure if you could make them do what you wanted to do with your mind, so that's, that's different.
- Speaker 2: [36:16](#) Cool. Why would you want something from them when it be cool to just be able to communicate? Well, I'm saying even the basic ability to communicate what it would have to imbue some higher level courses. They don't have anything to communicate. Very basic communication would be like food, food, snuggle, food, food, snuggle. That's true. And so if you want it to be like, what do you think about life food conversations with your personal, like you're saying, it could communicate with you. Like we normally think of Disney and the, and like the dogs will be like, Hey, would you take me on a walk? But for a dog to even be able to think that it would have to have, have much higher cognitive capacity. So I think people, although if I could speak to animals, will be like a magical ability. You know, I think about when train, I've traveled to Costa Rica and the Dominican, they speak Spanish there and I can't tell you how helpful it would have been. You know, their language possible to learn Spanish. It is. And we do try. Don't make an excuse now. Oh my gosh. Oh my gosh. Oh my gosh. Okay, next question. Next. We're moving on now.
- Speaker 2: [37:21](#) Okay. That's a deeper question we to save for later. Oh, okay. Right. This is sort of boring, but what is the first thing that you do when you wake up? And I'm not like talking about your routine. Like literally you wake up. Then what? Besides maybe go to the bathroom. If it's that skip it. What wakes you up? Your alarm on her, on your phone or low? My brain wakes me up. Okay. First of all. And technically when you have an alarm, your brain wakes you up to oh no. The alarm triggers something in remembering the way.
- Speaker 2: [37:50](#) Boring question. It is kind of a boring question. Here's what, here's what I do. I get the dogs up and I feed them. I have a better answer. Like you literally get out of bed



and you feed your dogs. Yeah. Cause they, they are sensitive. They know when I'm, when I'm make a move they're like, I have a, I have a good answer. Okay, Sean, go. I learned this. I'm sure half the people listening to this podcast, I've seen this thing floating around Facebook and probably you guys have to put, there's some general in the U s army that makes this like Ted talk kind of thing. Make your bed and yeah, make your bed first thing in the morning. It's like a second or third thing I do. You make your bed first thing I make my bed and here's why. And I believe this argument and I can't, it's been like years since I've seen it.

Speaker 2: [38:26](#) So my butcher it. But what I remember from it and what I took from it is it you accomplish something, it's your first thing in the day you accomplish something and so you can like it kind of you started on the right foot and then if your whole day goes terrible, you can at least come home and you have a made bed. We've never talked about this, but I do the same thing. And, and the other thing too, I've noticed with myself, even before I watched that video, I started doing it because if, if I would leave my bed unmade, it's like depressing. Like, I can't even do it. I think I confused the people at hotels does. Yeah. Surface. They go into my room and my bed's made. Yeah. I make my bed. Yup. Even in your hotel? Yeah, especially in my hotel. It's a thing and yeah, and then after that I feed my cat and I just kind of put my apartment together, but from usually the previous evening, but if I don't feed the dogs and take all the crazy people I have over in the party, I have, yeah. Every evening.

Speaker 1: [39:15](#) Ooh.

Speaker 2: [39:16](#) Party party by myself and my cat. All right. One more question. What are you loving on Instagram? What am I loving? An Instagram? Yeah. The thing I love on Instagram the most is the thing. It was invented for pictures, so I follow a bunch of photographers. Who is your favorite? Peter Mckenna. I knew you're going to say that, but also like I like it because of Peter Mckinnon. No, I just am sweaty. Okay. I think it's a good number. Scores and show out on. All right. All right. Well if you found this show helpful or interesting or infuriating? Infuriating. I subscribe to it and you're shattered your delusions. Subscribe to it and the Apple podcast directory and leave your comments at the door and please leave a review. Maybe don't, don't leave a review. We invite, we invite your comments@rayedwards.com slash three seven six which is the episode number. Yeah, and there'll be show notes and all that stuff. Stuff there. Good place for you to hate on us. Yeah, send in your questions for next week. Sweet. See you. Okay. Bye.

Speaker 1:

[40:23](#)

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