



Ray Edwards Show, Episode 399

Ten Uncomfortable Truths About Ray

- Speaker 1: [00:01](#) Ray Edwards Show, episode 399 Ten, uncomfortable truths about Ray.
- Speaker 2: [00:10](#) [inaudible], the Ray Edwards Show. This is the podcast for prosperity with purpose. [inaudible].
- Speaker 1: [00:19](#) The reason for today's episode is this. I started thinking about what are the 10 things that I have worried about in the past that people would find out about me that would be made public about me, that I would be uncomfortable with, and it occurred to me that the best way to deal with not worrying about that is to let me be the one who puts the 10 things out to the public. I like it. It reminds me of a quote. Yes. Never forget what you are. The rest of the world will not. Wear it like armor and it can never be used to hurt you. Wow. Was that like some Greek philosopher? Yeah, it was the Greek philosopher Tyrian Lannister Oh, a Lannister always repays his debts. It's true. I wish they would repay for season eight. I'm not sure they could afford that, so that's what I'm going to do.
- Speaker 1: [01:14](#) I'm going to own these things. I got 10 uncomfortable truths about me. If you're not into this, if you don't want to hear this discussion, then just skip this episode and we'll get back to talking about marketing and things you're more comfortable with and not afraid of in the next episode. Number one, I have doubts about religion. All right, say more on that. Well, I think this will come as a uncomfortable statement to a lot of people who follow me because I've been very vocal about, well, I have a post on my blog called should I shut up about Jesus? Right? And I, I got, I mean, I went back and listen to some of the previous episodes of this podcast and I've got very preachy in the past. And so, okay, I'm just going to tell the whole thing. I was talking to my therapist and I said to her, I'm concerned that if I tell people how I really feel, they're gonna feel like I somehow betrayed them.
- Speaker 1: [02:11](#) Like I've moved to a different place than where they became comfortable with me. That it's, and she said, yeah, but hasn't your platform been to share with people

where you are in your journey? And wouldn't you be lying to them if you didn't tell them where you are now, if it's significantly different from where you were. So here's, here's what I mean when I say I have doubts about religion. I've been through a season where I've been exploring different ideas of how to look at the world. And for a while I was even reading the books by the new neo atheists like Richard Dawkins, Christopher Hitchens, those, those people, and I experimented with, I tried on that worldview. Is that why you got so depressed the last few months? Maybe, maybe. Or maybe do people know that? Well that's, that's going to be number two. So one and two are just going to wrap up together, I guess.

Speaker 1: [03:05](#)

Yeah. So where I am now is I've come to a place where I, I believe in God, I believe in Jesus and to quote Don Williams, I believe in babies. Okay. It's a song. So the thing is, the reason I feel like I need to talk about this is when people talk to me and they say, do you, do you still believe in God? Do you still believe that Jesus is the son of God? I would say yes and I would be being honest, but I feel like I wouldn't be totally honest. I didn't explain that. It means something different to me now than it did a year ago. And I feel like it means more, but some people are not going to be comfortable with what I mean by that. Because if you, if you litmus test me and you say, well do you believe in a literal hell where people burn for eternity as punishment for their sins? I would have to say no. If you said to me, do you think God is an old man on a throne with a long beard sitting in the sky? No. Did you even believe that a year ago though? Did you believe that a year ago? I think I wanted to believe that a year ago. Yikes. Okay. How boring.

Speaker 1: [04:17](#)

So I would have to start the discussion by asking people what do you mean by God? Cause there's like even within the Christian faith, oh yeah, there's like 500 different definitions of what we mean by God. So instead of debating or going over all the differences that may exist, I'm just going to tell you where I am. I believe that God is too big for us to understand that any god we can conceptualize and describe in 150 page book that's for sale in Christian bookstores is not God, but something somebody created in their own image. I believe the relationship between God and Jesus is again, something more unfathomable ineffable as the Hebrew people would say unspeakable. So I think that those who know God cannot speak about it because you can't put it into words that direct knowledge of the experience of God and those who speak about it authoritatively, I think definitely do not know.

Speaker 1: [05:19](#)

Hmm. Interesting. I feel like this one, number one could be an entire podcast. Yes. And we should not let it turn

into that. But I this well, so see if, if people are burning me an effigy by the time we're done. Well. So let's, let's just to get some clarification, cause I know that some of the wording that you just used there could lead people to assume a thousand different things and in your understanding you think that God is indescribable. What do you think you can know things about God, you're just not everything. Yes. Okay. So some people can possibly speak from authority on the things that they know, but not on the totality. Yes. Okay. And at 150 page book, again, could be very accurate on an aspect of who god is, but it's not a complete picture. Yes. Great. Then on further questioning, he said he's too big to fully be described.

Speaker 1: [06:11](#)

Some people might think so. Do you think maybe all religions are a reflection of God and thus all roads lead to God? Maybe. All right. I mean I know that scares some people, but maybe any, any more you want to say on that point? I, I get scared. Scared is not the right word. I am concerned about people who definitively say they know all the, like all the rules of Christianity and they have the one truce. And if you don't agree with them, you're wrong. And that's like every denomination. Yeah. And I get even more worried or concerned about the people who believed them and follow them blindly. Yes, I agree with all of that. So do you mind, cause we kind of been on similar journeys, I have to land on the side that if we come to a place that there is a god and I actually do believe there is that in Christianity makes by far the strongest case.

Speaker 1: [07:06](#)

Now does that mean that I think that any one of the denominations is right now, I think they've all got some errors and some problems, but it makes the strongest case for if the divine reached down into, into the world and touched us. This is the one that makes the most sense. I like that. I can't disagree with that. Um, I want to clarify. I said maybe to your question about do all religions reflect, a rode to God or lead to God? Obviously all, I don't believe all because there are some that are just completely off to table, right? For ethical moral reasons or obvious reasons, like, like the Greek Pantheon of Gods for instance. They're off the table because they're totally made up. Right? So I want to just qualify that "all" and then I want to say I have two more things I want to say about this.

Speaker 1: [07:57](#)

I want to move on to number two. Um, the first one is I am concerned about, and for people who have a definitive deep relationship with the book called the Bible and have about zero relationship with it's author. Right? Those people trouble me. Yes. And then I would say that I, if I, if I wanted to put my current position into a

more pithy saying, I would say something that some people are going to cringe about. Cause it's kind of a cliché, but I would say I'm more spiritual and not religious. And there's, I don't remember who to attribute this to. Somebody will inform me, I'm sure. But I believe that religion is for people who are trying to get to heaven and stay out of hell and spirituality is for people who've already been to hell and have a direct experience with the divine- with heaven. Yeah, I could, I keep find that for sure. Okay. It occurs to me, this episode's probably going to generate some questions and comments, so perhaps we'll do a followup or we deal with some of those. So number two, I struggle with depression and anxiety. Is that true? This is very true.

Speaker 1: [09:15](#)

So I'm gonna kind of put you on the spot. What does that, what did that look like from your viewpoint? It looked sad like the last four or five months. Well, up until recently after you finished your treatment, it was sad. You were, you were sad. You seemed not directionless, but just you were kind of a wreck. You know, you didn't smile, you didn't, you weren't happy. I mean obviously, and it affects you, the people around you too. And do you think it affected the business? Yes, I do. In what way? Well, you, it affected your team and Oh, you kinda didn't want to do it. I mean, from an outsider's point of view, it seemed like you were just done. And do you feel that's changed? Totally. Yeah. You're like a different person. You're actually, you're, it's like you're back. You're happier. You're on target for your business.

Speaker 1: [10:17](#)

You're excited again, and you're not bouncing around all over the place, you know? Yup. I F I feel that way. So it's good. I mean, we have a, we've talked about this, but not this directly. No. So that's good. Did you see any event? Yeah, but it was hard because, I mean, I was going, you were kind of depressed. Two parallel roads, kind of going through slightly different terrain. But I mean, there's a lot of, a lot of similarities. I have been, I've been working through my own, my own depression. So yeah, I could notice it, but I was also in my own forest, so it's probably got something to do with the DNA I passed on to you. Does that make it a generational curse? I mean, that's one way of understanding it. Yes. Am I not just been DNA. I mean it's also just how you learn to deal with stress.

Speaker 1: [11:08](#)

Yep. It's not necessarily genetic, it's just learned behavior. Yup. Still you passed it on and I want to be clear, I mean, I had this treatment, this transcranial magnetic stimulation treatment, which was like a miracle because from the first week that I was doing it, I felt different and I knew, I began to see where I had been and it was kind of shocking and scary. Yeah. Um, how deepen I was without really realizing how deep in I was. Yeah. And I

feel like I've come out and then I've had some things happened since then that are situational that would add or something you could be depressed about. It's like, oh, this, this happened and this was bad. Yeah. And I, I worried frankly, that it would pull me back down into the vortex and it hasn't, it could have, I could see how I could have stayed focused on the external circumstances and just dwelt on the worst possible scenarios.

Speaker 1: [12:04](#)

And I could've put myself right back in the pit. But I feel like I've been successful at not doing that. Do you agree? Yeah, totally. Yeah. Cause I know you would tell me if you didn't because you have no problem with telling me things I don't want to hear. Okay. So number three, oh, this is a good one. The number three uncomfortable truth about me. I constantly want more. I want more money, I want more fans, I want more success, I want more affirmation. And I'm addicted to self-help. Hmm. What do you mean self-help? Like books where you're like trying to figure out yourself. Yes. So some people would say, well that's, that's not an uncomfortable or undesirable truth. What's wrong with that? So get some context of why you put this on this list. I will, and this makes me uncomfortable because it's, I realized as I was thinking through these things, it's based on what I want other people to think of me.

Speaker 1: [13:08](#)

Right? And so intellectually I have a philosophy and a core belief. Maybe I need to work on it being a belief instead of an idea. Right? Um, that it doesn't matter what other people think of me. Now, that mean there are some ways in which it does. If people, if you're so reprehensible and disgusting and hateful that nobody wants to do business with you, then that obviously has an effect on your livelihood so that in that way it matters. But that's not what I'm talking about. I'm talking about how people see me, what they say about me, how they feel about me. I want them to see me in a certain way and not see me like when I'm moody or Moody or depressed and I don't want, I didn't, I didn't even want them to know those parts of me existed. Right, and addicted to self help.

Speaker 1: [13:56](#)

Yeah. It's books and seminars and, and then why is that a problem? Well, I think it's not a problem if your constructively working on areas that you need to improve, which I think I have some of that behavior, which is good, which I don't want to throw out the baby with the bath water. But then I have a lot of history. I don't think I've been doing this recently, but I have a lot of history of going to one event after another one book after another one audio program after another. Looking for the thing that will fix me. Yes, and then I get all hype. I'm just going to be, I'm going to name names to go to a Tony Robbins event, get super pumped up about the

possibilities of how life is going to be. Get My expectation set incredibly high, come home and find it impossible to maintain that level of belief and excitement and then get even going to a deeper trough of disappointment with myself.

Speaker 1: [14:50](#) Right. By saying to myself, oh, there I go again. Did Not living up to what I thought it was going to happen out of that seminar and then having to go back and get even more pumped up and it just, it's been a never ending cycle of not realizing this is the realization I've come to and I haven't owned this yet. I'm working on it. None of that stuff is ever going to make me happy. More fans, more accolades, more fame, more money. None of that is if I'm not happy without it, I'm never going to be happy with it. Yeah, I, I can, I can totally get that. The, um, I've, I can, I can relate to the addicted to self help books now. I don't think I quite went, I don't think I've quite gone. Well you have, but I been, the last couple of years I've run into an issue and I've reflected, I didn't want to read those books and it took me awhile to figure out why and I think it's because I was going through a similar thing now I would read a book, you'd would have all these insights and key insights into like why you behave a certain way or why you're doing something a certain way and almost feel like the, the little dopamine surge or whatever you get from getting that Aha moment of Oh, oh, that's why I'm behaving this way or that's how I need to fix this problem.

Speaker 1: [16:06](#) I was almost using it as like a substitute to actually fixing the problem. Yeah. Like, like I would just wanted to read another book to tell me how to fix the problem, not actually fix the problem.

Speaker 1: [16:18](#) We see that with our own customers who buy program after program and they don't do anything. It's like they get the dopamine rush from getting, buying the program and then they don't do anything. They get disappointed. They're like, that didn't work. Yeah. And I'm like, no, you didn't work. I think something like that was similar was happening in me and I kind of started to figure out that this was exhausting, this idea of this constant cycle of getting excited about like how this book or this idea is going to change my life and then it not changing my life. Um, and then me just moving from idea to idea was exhausting. And I realized, well, the real solution here is how many times we said this to people and their businesses, I know what needs to be done. I just don't want to do it.

Speaker 1: [16:58](#) Yes. Or, and, and a lot of times the knowing what needs to be done, it's just sitting down and actually acknowledging that there are some things going on and

actually like facing them instead of like trying to run from them and by reading a self help book on how to fix the problem. Yep. I think that's totally accurate. Now I have a question for you Tiffany, because correct me if I'm wrong, you've never really been into in a deep way the whole self help world. I avoid it. So talk to me about that. Why did you just not like it or don't like the way it makes me feel like you guys are talking. It just makes me feel like I'm not good enough. Like it makes me feel like there's all this stuff to fix about myself and I don't really know how well, and this comes around to our businesses.

Speaker 1: [17:47](#)

Marketing and I, part of the way self help programs are marketed. I don't think, I know part of the way that they're marketed is to convince you that something is wrong with you. Right. And you need to fix it by buying my system. So this is, this is where I had a question come up at our certification in Portland. We did last week. Uh, somebody asked about writing for a product that you actually not only don't believe in, but you actually don't you think it's wrong. So I think we've, we've had a whole kind of renaissance of looking at our marketing and disengaging from deceptive marketing practices that we see or some of our peers doing that we actually did or taught ourselves in the past. And this is another one of those things that now that I've seen it, I can't unsee it. It's like I can't, I can't convince, try to convince people something's wrong with them.

Speaker 1: [18:40](#)

Right. In order to sell them something. Yeah. That fixes a problem they don't have. Right. So I guess I'd like to put a bow on that particular point about being addicted to self help by saying, I still believe there's value in, yeah, that material. There are things that I've learned that have changed my life, but it occurs to me that most of those things I learned from a book and they've been simple things like something that, um, Earl Nightingale says, I've repeated this so often is that the difference between successful people and failures is successful people do the things that failures don't like to do. Yeah. I mean that's hard to argue with. Right? And then he goes on to say the truth is successful people often don't like to do them either, but they do them anyway. Yeah. Well I mean I know you put that ball on it, but again, self help books and stuff are good.

Speaker 1: [19:36](#)

It's just that when you treat the book, like just going to conference the Conference of book to book as though that activity in itself is going to be the solution to your problem, which is the activity I was kind of behaving in. I think you were saying you were behaving and that's the problem. Those shells, every book on that shelf could have really powerful, helpful stuff. But it's what you bring to the table. Uh, when you approach the book, why

you're reading it and what you're doing. Well, and it's something we talk about with our students urging them not to confuse activity with accomplishment. Right. And this is an example of that. So the number four uncomfortable truths about me, this may be the one I'm most nervous about. You kind of shared this first, that one podcast that we did well, I kind of did it in the past like right.

Speaker 1: [20:21](#)

So I use weed. Huh? I just want to say it in a way it's clear. Huh? Marijuana is legal in the state that I live in. Um, you know, you don't like smoke, you're not toking up in your basement all day. No. In my living room, I, I, Shawn can vouch for this. I was very reluctant to do this. It took me a long time, but I saw more and more online have watched youtube videos where people with Parkinson's would have this pronounced tremor or Dyskinesia or dystonia and they would use marijuana through, it's smoke it or eat it and they would show the progress over the next 30 minutes to an hour. And the symptoms would go away. You should do that youtube video about that. That's not a bad idea. Yeah. So I started out using CBD, which is the non psychoactive part of the plant and that helps but it didn't help enough.

Speaker 1: [21:22](#)

And there's lots of arguments in sciences as you have to have both in order for it to be effective for these neurological problems. And so I started using a combination of CBD and THC, which is the psychoactive stuff. It's this stuff that makes you high. Right. And it works. And I actually, um, I don't want to make this whole episode about Parkinson's, but I mean that's a huge part of my life. So I have to talk about this. I take the medication for Parkinson's, leave a Dopa. That's the gold standard treatment of the symptoms. There is no treatment for the disease as yet. There's no way to cure it cause they don't even know what causes it really. They just know what happens to your brain when you have it. And so leave a Dopa is great for you. When you first take it, it's, they call it the honeymoon period.

Speaker 1: [22:05](#)

Like you have a year or so that it feels like you don't have the disease and for that year, so I didn't tell anybody I had the disease and then started to believe a dope and started to not be as effective and it caused Dyskinesia, which is uncontrollable muscular movements. Um, it made me move oddly made me walk oddly. And the more you take of it, the worst those side effects get and then it starts, stops working. When you first start taking it, it lasts for about six hours and then it lasts for five hours and it lasts for four hours and you get into these points where you can't take enough to keep it working all day long and you have off periods where your ability to move normally and function normally is just like turned off like

a light switch. And so I take a, a new medicine that just came on the market.

Speaker 1: [22:50](#) It's an inhalable form of Liva Dopa for those periods when I have an off moment when like, and when I have those, sometimes I can't walk. I mean I've become like stopped. And so my neurologist got me a prescription to this new, it's called Embrisha inhalable form of Levadopa, which since you inhale it, it doesn't come through your digestive system. It goes to your brain faster. It takes about 10 minutes for it to start taking effect, 10 15 minutes. And the intention is to rescue you from those off periods. Now here's the problem. It works, but here's the problem. It's now taking 20 to 30 minutes for it to work. It's just more of the same. I'm just bloating more of this medicine in my body. How's it different way of taking it, using that inhaler to relieve those times? It's been like two and a half months now.

Speaker 1: [23:40](#) Wow. And so here's the thing I started doing recently, I started experiments. I also need to, whenever I have an off period, I would use the embryo and in the next time I would use marijuana and the marijuana works better and faster. Hmm. I mean it works within like two minutes. And is there evidence? Does its effect in this wane over time? Like I'll leave it open. There's, there's no real research to support that. Yeah, I mean, because of the way our government has dealt with marijuana for so many years, we've, we've lost decades of scientific experimentation that would have been useful because of irrational fear. So I also use sleeping pills. What, what really works for me for sleep is taking high doses of CBD with a very light amount of THC in it. If I use the psychoactive stuff in, in large doses, I do not sleep well.

Speaker 1: [24:38](#) That spot freaks me out. Like I'm weird, like dreams. I see. I can't remember my dreams. So just for the record, anybody who has trouble sleeping, I've, I've tried like every sleeping pill on the market except ambient stares and those, those are, those are frightening. Yes. Because they don't actually make you sleep. They erase your memory. They do? Yes. Oh, so you think you slept well? I only didn't use it because I knew that it could make you do weird things in your sleep and I can already do weird. That's my assessed because you're not asleep. Disturbing. It's very disturbing. So I've never used those. But, um, I, Ben Greenfield actually gave me a tip about something called doc parsley sleep remedy, which is a combination of natural substances including large dose of Melatonin. Yeah. Among other things. That works really well for me. So I, I take that every night.

Speaker 1: [25:28](#) You saw similar, it's a every night. When did you start taking that one? Probably two months ago. Oh, okay. So I

mean, it, it doesn't work perfectly for me every night, but I've slept better since I began taking it than I have in years. So, um, let's move on to number five. The number five uncomfortable truth about me. I don't believe half of what I say. Oh, I would love to know what you don't believe about what you say. So here's what I mean. I don't mean bombshell. I don't mean currently. I don't mean currently I'm not, I don't, I don't purposely lie. Yeah. But as I've gone back over the years of podcast episodes and listened to some of them, I realize I don't believe that anymore. What I said there. The problem is those podcasts exist in real time. There are lots of people who first discovered me and they think they think I'll go back to the beginning and start listening to episode one.

Speaker 1: [26:24](#)

Right? And so they, they approached me and they say, I love it. You said you believe this thing. And I'm like, ah, don't believe that. And you remember, I just, I guess I felt like I needed to say this because people assume that because they hear it from me on a podcast or a seat on a youtube video that I made three years ago, that I still believe every single thing that I said or wrote and I don't like, I used to teach stuff like how to plant psychological triggers in people's minds to get them to do things without them knowing you were doing that. And right now I believe that's wrong. You should not do that. That's deceptive and manipulative. So if, if you're convinced that I believe something and it's important to you to know that I believe it, you should probably check how old the episode is or how old the article is.

Speaker 1: [27:11](#)

Well, you should probably check why it's so important that that ray believe it and you and yourself. And that kind of goes back to number one to your doubts about religion and how things have shifted and how you changing. So yeah, it's not that scary. So on something I wanted to say Ellis about to have doubts about religion. I've, I forgot to put this into the conversation. So I believe in God. I believe in Jesus. I believe in the Holy Spirit. I believe in believing. And you might say, well, if you have doubts, how did, how do you, how can you say that? I say it the same way you do only you don't realize it. Probably. I decided to believe, and I occasionally have doubts and I think anybody who says they don't have doubts will lie to you about a lot of other things too.

Speaker 1: [27:56](#)

They probably, if they, if they believe it, unfortunately probably lying to themselves a little bit too, you know? Well that's always the first person who like to, yeah, that's true. And we are the easiest person to lie to ourselves. Okay. So I don't think I have anything else to say about, I don't believe half of what I say. I just, I wanted to make it clear that there are things I've said in the past. I'm not the same person I was a year ago, three

years ago, five years ago, so I don't, I'm sure we can all, I hope we can all look at our own lives and say, I don't believe everything I believed 10 years ago. If you can't say that I'm worried about you. Yeah. I mean, either you stumbled upon the absolute truth and it's a secret that you're guarding very well, which seems unlikely.

Speaker 1: [28:39](#)

It seems unlikely or it means you're someone who is refuses to listen to new ideas and new perspectives, which speaks to who you are. So number six, I worry about how I look and that people will write me off who doesn't really. Yeah, I mean, to some degree, I want to be clear. I worried about this before I was diagnosed with Parkinson's. Now it worries me even more because I know I don't look normal much of the time. I mean I move oddly, it affects my speech. So I mean, it's uncomfortable for me to say this, but that bothers me. It bothers me to think that people may look at me and say, well, he's done. Yeah, I know it's ridiculous to believe it, but I'm just sharing these uncomfortable truths about me. So that's one of them. It's kind of related to number seven.

Speaker 1: [29:37](#)

Wait, are you going to go on and finish that number? Six. So, oh, what do you think I left unfinished? A, the people will abandon you. I read that my friends will abandon me if they really know me. Okay. So basically six and seven are the same. I worry that my friends will abandon me if they really know me. I guess they really are the same. Yeah. It's kind of related or maybe, I mean number six has two inside of it, so whatever about high looking that people will write me off. Yeah. So I, I think about that professionally. I wonder if people will just decide that I, it just sounds ridiculous when I say it out loud. Then I'm somehow done finished, which is totally not me. I mean that's not, and that's not even what's happening with your business. No, it's actually the opposite.

Speaker 1: [30:20](#)

I'm things are better than they've ever been, but honestly, the motivation for this really primarily was two things. One, which I've already stated. I wanted to take the things that make me uncomfortable, if people find out and just put them out there so I don't have to worry about that anymore. In the end, you have to let that dictating your actions because if you're constantly trying to avoid those things, that's also kind of a cell phone prison. Yeah, exactly. So I wanted that and I feel like the people who really duck, okay, this is it. I think this is important. I'm diving into the belief that if people know the real me, they will really like me. I would. I would modify that too. If people know the real you, the people, your real friends will, will know you, then you, you'll lose some people.

Speaker 1: [31:06](#) But those weren't really, those weren't really my friends to begin with. Your people to begin with. They were people that you kind of advertised into your group. Yeah. Yup. Marketed and marketed. You can never be yourself around so and so and so if you had to market them, if you had to Kinda change who you were to get them into your group, then to keep them in your group, you have to continue to change who you are around them. Yeah. Exhausting. That's why I don't like, that's why whenever I've, I've really adopted the iron Randy and don't ever lie. Even white lies. Cause when she put it, when she laid it out like that and one of her books, you form a prison, every time you lie, whatever you're trying to achieve via that lie you have to maintain to keep it makes means every time you lie you are imposing a prison on yourself.

Speaker 1: [31:50](#) You know, it's interesting. I have a code of conduct that I have used for quite some time. I review it every day and I had to modify it because there's a lot of things on that code of conduct that I no longer believe are part of my code of conduct. But one thing that has newly popped onto the list is I never lie, right? And I've, I'm not perfected that. I still find myself lying. Occasionally me too white lies. I would call them habitual, like things I'm just used to doing or saying. And some point it gets pointed out to me and I go, oh, I have to stop that. Yup. So that's important. That's probably a podcast all on its own, like code of conduct. And especially, I never lie, I never lie. Never, unless someone's trying to do me harm. I have no obligation to be honest to them.

Speaker 1: [32:35](#) That's the one stipulation. So number eight, I regret not being further along with money, business in life. I F I feel like, um, this is just a little embarrassing to admit, but I feel like I squandered many years, um, in consumerism and buying things without, I know I don't feel like it. I know I've did not invest money early on. If I had just taken \$100 a week and put it into, uh, a moderately, not even moderately safe, just a totally safe, benign, boring investment. \$100 a week since I was age 20, I would now be a multimillionaire over and over again with no debt, no, no reason to ever work again in my life. Right. And I didn't do that. And I knew better at the time. I had people in my life telling me do this one guy in particular, Herman Wilson, if you're still alive, Herman, I don't know, but I remember you telling me what to do and I didn't do it.

Speaker 1: [33:31](#) And I wish I listened to you cause he, I was working in the insurance business. This was right before you were born, Sean. And um, Herman would tell, he talked, talk to me about once every two weeks, Edwards, he putting \$100 a week in savings. Aren't you some kind of investment, some kind of IRA or something. You started doing that.

You'll be sorry if you don't. And he was right. He was right. But I just kept saying, well one day I'll do that. I saw someone, um, on a dating profile. Yes I am. I am on and off the dating profiles. Sometimes I delete them cause I think they're stupid. Other times I'm like, well I'm not meeting. Which one are you on? This one was, this one was bumble, but one of the kind of questions you can put on your profile to help people get to know you was who is your like your fantasy dinner guests and you know people who answer that.

Speaker 1: [34:18](#)

You don't have to answer them. So then all the profiles have them. But most of the people are like celebrities, things like this. For this one woman we, Jesus Christ, we didn't match. This one woman said 75 year old me. Oh I was like Whoa, that's good. That's good. I think you could older self could tell your younger self stuff that you are just saying right there. Yeah, that'd be Rad. Well this, this is, this brings up an interesting topic for me. I've begun to have a lot more interest in talking to older people. I mean about life deep. I mean older people, like if I can, if I encounter somebody who's in their eighties I want to have a conversation with them because I used to not, this is kind of ugly cause I thought, well they're old and they're feeble and what do they know?

Speaker 1: [35:04](#)

Yeah. Then I've got Parkinson's and I became, I started acting like an old feeble person and I developed a lot more empathy for them. Right. Oh they're maybe not in control of that. Yeah. But um, they've got such wisdom and they, they, they, they know stuff. I don't know yet cause I haven't been down that road. And so I'm really interested in the wisdom and the knowledge and the advice of older people, elderly people. How do you draw that out? Like, I mean, oh, what I found is if you start talking to them and you should just say, look, you've got decades of experience me, what can you tell me about life? What have you learned? Most people want, like most old people are written off. They don't, they don't get that from anybody. And so for me or you or for anybody to ask them to start sharing their like a fountain of Wyss, like, oh, someone values what I have to say.

Speaker 1: [35:53](#)

Oh well here I'll, I'll give it to you. And this is a shortfall of our culture because in other cultures the elderly are venerated, right? Yeah, absolutely. Okay, so my phone locked up so I have to go back to my list of number nine. They're quitting at least once a week. Quitting what? Ah, everything, not everything, not life, but I'm honestly talking about the business now and I, I want, I don't want to freak anybody out. I don't, I don't seriously think I'm going to close the business down, but I have these moments where I feel like I want to cause, and it's multiple reasons people don't understand. And some

people will say, Oh, you pour for entrepreneur, middle aged white guy with a lot of money, you and your problems. And I will say to those people, you're a racist.

Speaker 1: [36:43](#)

But the, um, the responsibilities and, and I don't mean to whine and complain, I'm just telling you this, this makes me uncomfortable to admit, but the responsibilities of running a business, multiple businesses with lots of employees and a big payroll, and it's a state that wants to add a state you a state that keeps robbing me of my revenue so they can pay for things I didn't agree to pay for it about once a week. I just think, oh, well, what would you guys do if I just quit? Not, you know, Tiffany not, not the team. That's actually the one thing that keeps me going. People accused me because I, I like I rand and I, uh, I would call myself an objectivist. People say, you have no charity. You'd have no sympathy for people. That's totally not true. I feel like because I have a rational view of reality, I have more sympathy and empathy for people than I've ever had before.

Speaker 1: [37:36](#)

And I care. I would agree. I, I care about, about you, about Tammy, about the whole team. And I feel a responsibility because I created something that all of you rely on for your income, for your livelihood. And I feel responsible to keep that going and to continue building it. And it stopped because I feel obligated to you in some way that I'm not willing to be is because I feel like this is how I contribute value to the world. And I know I'm doing something meaningful and important. I can totally relate to being in charge of rebel and um, having four employees, uh, all of them only working for rebel even though three of them are technically part time employees, they don't have other jobs. So I know that their sole means of survival are the hours that I give them. And some of my biggest points of stress and emotional distress come from not wanting to let them down. Amen. And it's, it's really hard. And then, and then there are other things that come into that where you feel powerless. Let me just grab hold of the conversation for a moment and let's [inaudible] it's about me. Okay. Number 10, I feel insecure about not having gone to college. That does not surprise me. You've never seem to feel insecure. I feel like I've detected that for a long time. Say more about that. How does that show up when you see it or detected?

Speaker 1: [39:13](#)

Uh, it's subtle. It's not, it's not obvious. I think it's most prevalent. Um, I don't know. It's hard to point out. I feel like I can just tell that you get kind of insecure when people start talking about their college educations. Well, part of it is a big part of it is your mother's family is very well educated. Yeah. They're, I mean, they're deeply embedded in the academic system. They all have master's

degrees, um, and they want more and they play so much value on that. And then occasionally, I'm not gonna point fingers at any one particular person. I'll just say people that, that have advanced degrees often point to people who don't and immediately write them off as not being able to achieve certain levels of success in society because they don't have an education. That's true. Yes. There are those people that think and believe that way now because of the family I grew up in, I never had that ideology.

Speaker 1: [40:15](#) So, and I'm also around you a lot when you talk about you use yourself as an example. I didn't go to college and I'm successful and I think there's a place for that. Um, I however, I do feel like there have been multiple times throughout the years where I've been like, okay, most of the time this is good. Now I feel like we're getting into a little bit of an insecure area, um, trying to defend decisions you've made, which you don't even need to feel insecure about because you are successful without going to college. And it's not lost on me that in every student group I've ever had, there's always multiple people with advanced degrees who are there to learn from. The guy who just graduate, graduated, right from cop from high school. Right. Especially in the last 10 to 20 years. I, I have a degree, so he gets, it's easy for me to say that they're not very useful, but they're crazy.

Speaker 1: [41:02](#) Especially if the stuff that's coming in, people are coming out of universities now with their being taught, like having a degree in and you're like, what? How much did you pay for that? I totally believe that. And, and what I, what I do see a lot of is people who come out of college with a degree that is, does not get them a job. Yeah. Does not get them any measurable monetary success. And if they owe \$100,000 on yeah. And then I'm going to be honest too, just because the liberal arts programs in virtually every college are taken over by Socialists. Um, anytime someone says, oh, I got some sort of liberal arts degree, I'm going to be honest, I kind of write them off cause I don't think they have anything practical to give to the world.

Speaker 1: [41:45](#) I love that sound. I love it. No, that's been said. I have a history degree. Yeah. No, I don't think it's a liberal arts degree now. Yes it is. Yes it is. I was being confused for one second. Where do you go to school? Western. I have a liberal arts degree. I say that as someone with a liberal arts degree who went to one of the most liberal campuses. Now the reason I don't think that that has had the same effect on me is because every time I would write essays and research papers and my liberal arts, it was not a very liberal and I would use to study my own things. At the time it was biblical conservative things,

learning how to research things, and in the ancient world in that way, but also as my time. I went into college as a freaking super liberal and I came out of it a conservative.

Speaker 1: [42:29](#)

So I, I don't think that my liberal arts degree turned me into a mindless progressive cause. That's usually what happens. That's there's a red flag word for me. What? Progressive. Progressive. Yeah. If someone says they're progressive, I'm automatically assuming they're socialists. I'm automatically assume they don't know what they're talking about. Well, same thing I just said, so there you go. Those the 10 uncomfortable truths about me, things I, that don't seem like as big a deal. Now that I've unloaded, unloaded them, but maybe I'll feel differently once this gets published. Yeah, I don't think you will. I think a lot of people will like this. Well, if they don't, they're not my people, so I'll let not my people go, all right, I don't know how to end this now. How about we're done? Or, yeah, it's good to own up to the things that you're afraid to admit because then nobody can use them against you.

Speaker 1: [43:34](#)

Yeah. I wonder if like in a year that list is just going to seem so funny to you, like completely not even relatable anymore. I wonder next year I wonder if you'll be embarrassed by this episode for different reasons. Like, oh my God, I can't believe those things bothered me. Right. I'm already feeling a little bit that way, so we'll see. All right, so if you got benefit out of this, you enjoyed this show and give us a rating or a review, or if you didn't give us a nasty rating or review, we were ridicule. You talk to us. We, nevermind. Hey, are you going to introduce us back onto the show? Just for this episode. I just say, Hey, this is, oh yeah, we should do that. I never did that. Oh, so I just assumed people knew who I was for so long. It's been so long since you've been on the show.

Speaker 1: [44:19](#)

Yeah. I still just assumed my son Sean Sean, whom with whom? I'm a business partner. We have, we both invested in the rebel 77 coffee empire. Absolutely. Growing up, higher end. Tiffany laughter twining my executive assistant. So the plan is for you guys to continue being part of the show. Yeah, we're going to schedule a recording times. We can make that happen because I love your insights and the fact that you can challenge me on stuff that I say that's bs that nobody else chat. Well, if it's just me, who's going to challenge me? All right, self, that was bs. That might be a little weird. Those conversations actually happen, but I don't want to record them and publish them. If you haven't subscribed to the show, please do. It helps improve our ratings, which makes us more visible, which makes more people see the show, listen to the show, subscribe to the show, so subscribed to it in the apple podcast app or in stitcher or run Spotify

now, which is pretty cool. When the Google play store, wherever fine podcasts are served, you can subscribe to the show until next time, or [inaudible]. I don't think I said that right. I don't read that dirt patch. Topher now

Speaker 2:

[45:31](#)

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