

Jerry: Well, hello there my friend. How are you? It's good to see you again.

Khe Hy: It is so good to see you.

Jerry: Why don't you take a moment and introduce yourself?

Khe Hy: Um, my name is Khe Hy. I am, uh, the father of Soriya and Amelie, two little girls, husband to Lisa and, uh, creator of a blog called RadReads and RadReads is a, is a blog that's been about, um, how to liv-, it's trying to answer the question of how to live an examined life.

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[00:01:00] And I kind of play with that through different angles and I've been doing that for three years. Prior to that, 15 years working on Wall Street and, uh, I, uh, what's-, I just, since-, since the last episode, we-, I-, we had our second child Amelie and we recently moved to Los Angeles so I'm broadcasting from California.

Jerry: Uh, you know, I-, I hadn't tracked that. I think the last time we talked to you living in Brooklyn.

Khe Hy: I was. Yes.

Jerry: Mm-hmm (affirmative). And how are-, how are you finding LA?

Khe Hy: So far so good. It's been week four.

Jerry: Mm-hmm (affirmative).

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Khe Hy: So we are totally influx, um, but it's been-, it's been-, it's been fun. You know, I-, I say that my wife and I, Lisa tend to do better when we're a little bit off-center, not too far and, uh, you know, we-, we wanted to keep the family adventures going.

[00:02:00] As you know, after I quit, we traveled a bunch and the reality of two, you know, of two school-age or approaching school-age kids kind of settled in and hit us and so we said, "What's the next family adventure?" Well, let's move, let's move within the United States. That was how far we could push it.

Jerry: Well, that's great and it's great to have you back and-, and it's-, it's-, you know, as we were talking before we started, um, recording, um, our first conversation really landed well with people and, um, you know, I think that, uh, it's a-, it's a prime example of when we show up, um, and really work with our own stuff, but in a way that allows the community to participate then something really powerful starts to shift and-, and it allows other people to show up so we just want to acknowledge that and honor that and-, and really thank all of the people whom I know have

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[00:03:00] reached out to each of us, both of us over the last year since we broadcast that episode, um, to say thank you.

Khe Hy: Yeah.

Jerry: Uh, to us for speaking.

Khe Hy: Mm-hmm (affirmative).

Jerry: So tell me something. Um, what, what would be helpful to talk about now?

Jerry: Tell me-, tell me what's going on for you and what would be helpful to talk through?

Khe Hy: Yeah. Um, I could, maybe I'd start, um, I'd start with just like setting up like what has happened since our last conversation.

Jerry: Sure.

Khe Hy: [00:04:30] And then kind of where that-, where that leads, uh, leads us and-, and you know that so much of the last talk was about the fear of death and, you know, I was just starting to come to terms with that, something that I hadn't really, that I had internalized, but hadn't verbalized for like 35 years and, you know, I've kind of just, I've kind of just swam and hung with that fear and I'm that buzzkill guy at the cocktail parties like, "What are you thinking about? What you're working on?"

[00:05:00] Um, and so there-, there's this calmness there and then I'm saying that to just like set it up a bit and, um, professionally when we spoke like 18 months ago, I didn't really know what I'm doing and, uh, that was also a source of stress and now it's-, it's kind of taken its, it's a life of its own and there's more confidence around the types of work that I'm doing.

[00:05:30] I'm writing a lot. I'm doing a little bit of coaching with people's relationship with money, uh, little of speaking, a little mishmash of the solo entrepreneur's life, a solopreneur's life and that's enabled us to, like, make this big family move and this thing that I-, one of my life long dreams, wake up and surf every morning.

[00:06:00] And I thought I have to wait till I was 60 years old to do that and now every morning, sunrise in the ocean. And so you would think that like things are going awesome (laughs) and-, and there is a calmness and equanimity, uh, the word that-, that I learned from you. Since then, here's the-, here's the thing. With that-, there's a, there's a few words that come to mind as I kind of reflect on-, on life.

[00:06:30] Um, guilt, uh, indulgence, indulgent and kind of like responsibility like what is your responsibility, your being mine, and-, and these are, you know, it's the-, it's the

[00:07:00] internal-, it's the internal suffering and angst, um, I would say, uh, you know, I heard Brené Brown use a phrase low-grade anxiety that is-, is this-, is this indulgent? Like is-, like the thing that you wanted 20 years in the future to have it today, is that indulgent?

[00:07:30] You know, what responsibility do I have at someone with a tremendous amount of privilege and financial resources and time to-, to be giving back like what do I owe? What do I owe others? What do I owe, um, for kind of the gifts that I've been, that have been bestowed upon me?

Jerry: [00:08:00] So the-, the low-grade anxiety, the what else should you be doing that you ... What responsibility do I have as someone with the privileges that I have?

Khe Hy: Mm-hmm (affirmative).

[00:08:30] Jerry: Um, what is the relationship between those questions and the-, and the pursuit of equanimity and then against the backdrop of-, of fear of death?

Khe Hy: Mm-hmm (affirmative).

Jerry: What's that relationship Khe?

Khe Hy: [00:09:00] So it's almost-, it's funny how-, how quickly the pendulum can switch, swing where 18 months ago like I'm telling you about these nightmares about-, about the infinite nature of time and being a spec in this universe and then if today I'm telling you, you know I was-, I was sitting in the ocean and I'm like, you know, there weren't a lot of waves, I was like, "Is this really the thing that I just wanted-, is this the thing that I wanted?"

[00:09:30] Then it goes a step further and it's like, "You bastard, you can't be happy no matter what." (laughs). Um, and so-, so that's what, one thing it's like, it's like wow, like you Khe have committed your life to figuring out what brings you equanimity like,

[00:10:00] "Hey, is that just ... Is that okay? Like who-, who-, who gets the opportunity to do that?" And then B, you've given the opportunity and you still, you're still finding fault like something could be better or like one more knob could be tweaked and so ...

Jerry: One more hack life.

Khe Hy: Yeah. I think it's a little bit less of hacks and maybe they're related, but it's like-, it's like one more optimization, right?

Jerry: One more optimization in order to feel, what?

[00:10:30]

Khe Hy: In order to feel like you could be perfectly content at every point in the day in respect of what happens to you.

Jerry: Including when you're dying?

Khe Hy: [00:11:00] We have to go there. Yes and the ... Where that gets, where I've been struggling with that, with that dying question, I'm much less afraid, but what I'm struggling with is this, it's-, it's-, it's really bizarre. I really think of my life in like terms of utility, like what utility have I brought to the world? Right?

Jerry: Ha-, have-, have I been a good man?

[00:11:30]

Khe Hy: Yeah. Yeah. What have I-, what-, what have I given? Um, and it-, it extends beyond like I know that I've shown up from very confident that I've shown up for the people who I love, my family and friends, but there's this nagging, there's just this nagging voice that that's, that's not enough.

[00:12:00] Like you have the potential to do more so that's not enough and I think that's the-, that's where the-, the death bed test shows up and-, and-, and if-, if I could, could I like, could I tie that to like kind of the work that I'm doing and-, and this is a real cause of like internal strife because I work with a small group of individuals with different types of coaching and consulting, it's just me.

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[00:13:00] Then I have this digital platform where I can write and communicate with one to many. I have a one-to-one and a one-to-many. That's-, these are entrepreneur terms. Um, but I, there's something, I-, I think I'm better at the one-to-one, you know? Um, and you go deep and- and there's like-, like real relationships with people, but I still like fantasize, I still get always pulled into the one-to-many?

Jerry: Why? What is the-, what-, what does-, what is the promise of the one-to-many?

Khe Hy: [00:13:30] It is, um, it's going to sound so basic. It's like, um, it's how-, it's, uh, it's a very simple calculation where I literally go through this math in my head where if you impacted 10 people's lives with like 100 points of goodness or you impacted a million people's lives with three, the second one just feels better to me.

Jerry: [00:14:00] And so then therefore you can live in a state of equanimity knowing that you were impactful and at the time in which you transition-, you could then rest. I just filled in the blanks there, but does that feel any resonant?

Khe Hy: I guess it's-, you know, it-, it's-, it's back to that same question of like, "Did you matter?"

Jerry: Right.

Khe Hy: [00:14:30] Right? And-, and-, and it sounds crazy to reduce mattering into like A times B formula (laughs). And I know like I want to-, I want to like the emotional part of me knows that it's just, like it's not true, but I still ...

Jerry: Well, let's-, let's play with the-, let's play with the fearful thing.

Khe Hy: Yeah.

Jerry: [00:15:00] Um, because I think what we're hitting upon is what the true fear is. The true fear may not be of death, but the true fear is to have lived and not mattered.

Khe Hy: Mm-hmm (affirmative).

Jerry: Yeah, that just landed for you.

Khe Hy: Mm-hmm (affirmative). Oh yeah.

Jerry: Okay. So I want you to hang out with that thought for a moment.

Khe Hy: Mm-hmm (affirmative).

Jerry: [00:15:30] Because the fear that we're really working with right now is all of my efforts are for naught. And, um, I want to take you on a little journey as we talk about this and the first thing I want to do is I want to read a poem to you by the great poet Mary Oliver and it's called Lead.

[00:16:00] *Here is a story to break your heart. Are you willing? This winter, the loons came to our harbor and died, one by one of nothing we could see. A friend told me of one on the shore that lifted its head and opened the elegant beak and cried out in the long, sweet savoring of its life which, if you have heard it, you know is a sacred thing and for which, if you have not heard it, you had better hurry to where they still sing.*

[00:16:30] *And, believe me, tell no one just where that is. The next morning, this loon, speckled and iridescent and with a plan to fly home to some hidden lake was dead on the shore. I tell you this to break your heart by which I mean only that it break open and never close again to the rest of the world.* Lead by Mary Oliver. So hang out with that for a moment. What occurs to you? What feeling arises in this moment?

Khe Hy: [00:17:30] You know, I think back, one of my dad's best friends, uh, who was basically an uncle to me. His kids are like my cousins, part of like cousins even though we're not blood related and he-, he passed almost exactly a year ago pretty much from cancer and I adored him like an uncle and I was-, I was so devastated, um, at his death.

[00:18:00] And the thing that I was-, the thing that made me almost equally as sad as him no longer being with us was that I knew that people would forget how amazing he was. Myself included.

Jerry: Mm-hmm (affirmative).

Khe Hy: And, you know, the-, the week after he passed I would think about him all the time and I would pass, I would kind of like talk to him in my head and then six months later, you know, someone might, something might come up like his kids might come up or send me an email and then I think about him and we'd exchange a memory about the time we spend together with one of these kids.

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[00:19:00] And a year goes by and like, it's like the thing that I'm most afraid of for myself I'm doing to someone who kind of in my estimation kind of lived the kind of life that-, that I would want to live and-, and not even in the sense of like professional accomplishments, you know, he was a-, he was a, you know, a great career, but just in kind of how he showed up in the world to the people around him and to his kids and to his-, his nephews like me. And it just makes me sad. I don't-

Jerry: Just stay there.

Khe Hy: I don't even know, I guess like, you know, in like-, in like five years kind of might not think about him for-, for a year is that in 10 years I might, you know, and I'd never be thinking about him and yeah, just like, I just feel like-, like we owe him and this is, like-, like we owe him to celebrate him and remember him, but it's almost like not impossible, but it's-, it's like life itself, right?

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[00:20:00] It just like slowly, slowly fleeting and-, and I don't, I guess ... Yeah, I just-, it just makes me-, it just makes me really sad that that's, that that's the case and maybe that's why I feel, you know, that's why I go back to my handy utilitarian math where it's like, well, if a-, if a million people were touched by one thing I wrote ...

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Jerry: Then the death of me and the ... I-, I could be assured that I mattered and I was remembered.

Khe Hy: I was remembered.

Jerry: Right.

Khe Hy: Yeah.

Jerry: Mary Oliver says in the last stanza with the last section of this poem. I tell you this to break your heart. I tell you this to break your heart by which I mean only that it break open and never close again to the rest of the world.

[00:21:00]

Khe Hy: Mm-hmm (affirmative).

Jerry: And so what she's doing is encouraging us to note the death of a loon and to feel that heartbreak, to be with that heartbreak, to not deny that heartbreak because in

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that journey towards our own passing, towards our own sense of meaning and purpose to the-, to our own sense of equanimity that comes from knowing that we mattered.

[00:22:00] A-, a part of that process is breaking open. And so you notice that the impulse in the face of the fear of not mattering is to expand. Let me touch the lives of a million people because the math makes sense, right? The math says and yet, what was your uncle's name?

Khe Hy: Suoung, S-U-O-U-N-G.

Jerry: And did he matter to you?

Khe Hy: Absolutely, like blood.

[00:22:30] Jerry: And did it matter that he may not have mattered to a million people?

Khe Hy: No.

Jerry: And so, there's a false logic here.

Khe Hy: Yeah.

[00:23:00] Jerry: That purpose, meaning, matter, impact is a function of the number of lives that we have touched. That false logic I think is an attempt to-, to ward off the fear of dying and not having mattered. Not having, um, having our passing noted by the world.

[00:23:30] Khe Hy: Do you-, is that-, is that a-, does that come from a place of ego? I know I have an ego.

Jerry: Of course it does, but that-, but that your question is said as if that's somehow worthy of I don't know, criticism?

Khe Hy: Yeah.

[00:24:00] Jerry: Of course-, of course it comes from a place of ego. So what? We're not-, we're not air. We're not these transcendent beings that, you know, if you prick us, do we not bleed to quote Shakespeare? Of course. What is it that breaks, but the heart? What is the heart, but an extension of the ego.

[00:24:30] But I have a belief system which is that-, that-, that place that we are yearning for. If you were to die knowing that you mattered, how would you feel as you lived? If

you knew that you were going to die and you would be remembered, how would living feel?

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Khe Hy: Um, I have two-, two things that come to mind. I think I would still nitpick the crap out of living. (laughing). Um, I still think I'd be scared. I like-, there's-, I don't know-, I don't know what I would be afraid of like this moment.

Jerry: Mm-hmm (affirmative).

Jerry: So it doesn't produce the equanimity that you're seeking.

Khe Hy: (laughs). Touche.

Jerry: Right? So-, so building monuments to ourselves, building immortality in some capacity doesn't actually produce the thing that the ego tells us it might. Let's go-, let's go back. What-, you've had taste of equanimity. You mentioned this before. Um, Amelie is 16 months, how old is Soriya?

Khe Hy: Four and a half.

[00:27:00]

Jerry: Okay.

Jerry: What-, what's it feel like when you lift Amelie and you're about to put her into the bed at night?

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Khe Hy: Yeah, I-, I feel-, I-, I don't know because the thought ... I'm kind of, I'm so ashamed to say this. Um, the thought that's going through my mind is what podcast should I queue up as I hold her.

Jerry: Mm-hmm (affirmative).

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Khe Hy: And where are my damn AirPods. And it gets worse. It's not even like a podcast for like, you know, like some funny narrative storytelling podcast. It's like what's the thing to build the thing, to build the thing, to build the thing podcast, you know, it's like, what is-, you know, there's-, there's the utility question again.

Jerry: Okay.

Khe Hy: What is-

Jerry: So tell me a story in which your utility-seeking mind was quiet.



[00:28:30]

Khe Hy: Yeah. Um, so there's, I don't think this is what you're asking for, but there are-, there are times when the constraints around you kind of force that so like being in the ocean.

Jerry: Okay, so there you are in the ocean.

[00:29:00]

Khe Hy: Being in the ocean, going for a long run, but they always-, they always come from having a constraint like you can't have your phone in the ocean or you can't be working in on a run.

Jerry: So you-, so what you're doing in this moment is you're noticing the way your mind and your characterological structure need certain constraints in order to quiet.

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Khe Hy: Yeah, oh for sure.

Jerry: Okay.

Jerry: Mm-hmm (affirmative). Okay. So, I still think of those as tastes of the equanimity.

Khe Hy: Mm-hmm (affirmative).

Jerry: Where mattering doesn't matter, where impact is not something to tracked. We're just being is.

Khe Hy: Mm-hmm (affirmative).

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Jerry: And what I believe to be true is that the path to that state lies in allowing ourselves to have our heart broken by the death of the loon. It's not in sorting through and counting the number of people who have listened to our podcast to make sure that we are impactful, but it's a function of allowing ourselves to experience life as it is with its heartbreak, with the every dayness of heartbreak.

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[00:31:00] So that we can through a sense of our own gravity and resilience, we arrive at a place of equanimity. We arrive at a place where it's okay. I think this is a precondition for being okay with the passing because the truth is, we all die no matter how impactful we are and we may all be forgotten and that's a reality.

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Khe Hy: Mm-hmm (affirmative). How do you-, like the-, I'm like, "Give me the playbook Jerry." What, um ...

Jerry: I know, that's Khe.

Khe Hy: (laughs). What-, what the-, what does it mean though like if you're to have your heart cracked open, is it in the ... Is that in the course...and I don't say this like negatively in the-, in the mundaneness of every day life? Is it like the passing of the uncle? Is it like what-, what does it actually mean?  
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Jerry: It's-, it's for me, um, it's impermanent. That is the most every dayness of heartbreak. Step out your side your house and life changes every single moment. Did-, how old is Soriya?  
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Khe Hy: Four and a half.

Jerry: Um, she'll only be four and a half for another three or four weeks.

Khe Hy: Mm-hmm (affirmative).

Jerry: Do you see what I mean?

Khe Hy: Yeah.

Jerry: You know, Amelie will-, is she walking yet? Amelie?

Khe Hy: She-, she has it in her, but she's not.

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Jerry: She will only have her first steps once and that is reality and that hurts and the only reason it hurts is because we are an ego bayent bound being. So what? Give me a-, give me a fucking break. I'm a human being and it hurts and we, um, life unfolds and we developed a resiliency to understand that life does not unfold the way we want it to. Moment-to-moment. Sometimes it does, sometimes we're surprised by that kind of joy.  
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Khe Hy: Mm-hmm (affirmative).

Jerry: But life changes and that for me is really difficult and it's only when I can turn towards that, only when I can turn towards the death of a loon and not away from it that I find myself okay. Not inured to, not numbed by, but okay with and accepting of, inevitability of all things falling apart all the time.  
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Khe Hy: I felt that more so part of the-, I mean, part of the reason why we moved was like, "Let's, why wait to do something like this?" Tomorrow is not a guarantee and-, and there is this calmness to-, to, uh, a sense of like a willingness to change things and be adventurous and kind of like leave your comfort zone, but still, like how do you balance impermanence with investing n-, noted word choice.  
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[00:35:30] Uh, investing in things that you care about like-, like your kids? Like the pride you take in your work. Your clients and I-, I-, I-, I get just like, like the-, what they call Chinese fisticuffs like I feel-, feel tangled up because I want to just be in that moment with, you know, whatever kid or-, or spouse or friend, but there's like a decent chance at all to be around for like five to 10 years.

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[00:36:30] Like-, it's not, I-, I don't want to say it's-, it's definitely I don't want to assign probabilities, but, um, but there are still ways to like your kid's education or continuing to ... You know, how do you balance that like-, like does being present just mean like completely dissolving every other inkling of a feeling that you have towards any moment other than the present moment?

Jerry: Well, I'll bring your attention to the extreme words that you're choosing because I think you know the answer to your-, to-, to the yes and no question that you're asking and the ans-, so, but the short answer to your question is of course not. But your larger question is how do you balance that?

Khe Hy: Yeah.

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Jerry: And all I can share is what I have and taught by my Buddhist teachers which is that while it permanence is one of the sources of suffering, it's not-, or-, or-, or one of the conditions of life that can create suffering, it is our relationship to impermanence that creates the internal suffering.

[00:37:30] When we become attached to keeping things exactly as they are, it creates a kind of suffering, but equally important, we become attached to our perception to how things are supposed to be in the future. It creates an equal amount of suffering.

[00:38:00] And so, the problem isn't that things fall apart. The problem isn't that things are up and down all the time. The problem isn't that the loons die and uncles die. The problem is our attachment to nostalgic attachment to the way things were or an attachment to a projection of the way things are supposed to be.

And yet the other challenge is well, how do you make a plan for your children's future if you don't have a belief in how the way things are going to be?

Khe Hy: Mm-hmm (affirmative).

[00:38:30]

Jerry: Right? And so how do we car-, carry all this? And so the word that occurs to me is non-attachment, right? It's to hold that plan loosely. Now, I'm going to get less theoretical and less esoteric and speak to you like an older brother who also has children, right?

[00:39:00] I-, I have three children who are adults. I can tell you, right? As a-, as a father, one father to another. You can make all the plans that you want, but these little bundles of protoplasm known as children, they have their own lives to lead.

Khe Hy: Mm-hmm (affirmative).

Jerry: And you can plan for what you want and then one of them gets a stomach virus. And you've got to roll with it and you can get angry at them for deciding to have a tan-, tantrum just as you're walking to Disneyland or you can recognize that they are two or three years old and that this is one of the ways that they respond to the excess stimulation of the world and that this is just what happens.

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[00:40:00] And that stance to go back to an earlier question, that stance of-, of holding the plans loosely and being okay with whatever happens, to me, that's the definition of equanimity.

Khe Hy: Mm-hmm (affirmative).

Jerry: It's not that I don't plan for the future, it's not that I don't invest to go back to your word in the future. It's that I put money away in the bank to invest knowing full well that the markets could collapse.

Khe Hy: Mm-hmm (affirmative).

Jerry: Now, maybe somebody listening out there will say, "Well, you should have put it in crypto." Maybe.

Khe Hy: (laughs).

[00:40:30] Jerry: But don't tell me that crypto doesn't ride a roller coaster too.

Khe Hy: Uh-huh (affirmative).

Jerry: Because it does. Because all things ride the roller coaster, all things.

Khe Hy: Is there like a-, like asking you from a father to a father if your-, if you-, if you are okay. I-, I think I'm okay with the fact that there's a lot that I can't control that my daughters will most likely be like high volatility stocks.

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Jerry: (laughs).

Khe Hy: But is there like having some-, some type of true, like a-, like a true north that you kind of orient towards. Will they be kind? Will they be curious? Will they be good? You know, again, what does that mean?

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Jerry: Mm-hmm (affirmative).

Khe Hy: Is it okay to attach to a general direction or-, or is that ...

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Jerry: Yeah, I mean, as a-, as a parent, I-, I wonder if these words will land for you. I want my children safe, warm and happy.

Khe Hy: It's like my compassion meditation.

Jerry: That's it. Safe, warm and happy and what I want because I often say this as the root of a lot of what we strive for, I want them to always feel loved, safe and that they belong. Do I hold that with a little too much attachment? Absolutely. I'm a dad and do I drive my now adult children crazy because I'll call them to just, "Hey, just let me know that you're safe. I just want to hear your voice."

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[00:43:00] And is that attachment? Absolutely. I am not attached to the notion that I have to be without attachment because I think that by being gentle with myself, I get to model for them what it means to be gentle and forgiving if you want self and I would suggest that the values you would like your children to hold in order for them to hold them without a sense of attachment, without a sense of guilt, without a sense of shame in order for them to hold those values, you must hold those values yourself without guilt and without shame.

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If you truly want them to feel safe, warm and happy, then you need to be safe, warm and happy yourself.

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Khe Hy: I'm chuckling because, um, as you're, you know, the-, the checklist, you know, the to-do list guy. I mean, it's like, "Do I actually feel these things?." (laughs).

Jerry: Mm-hmm (affirmative). Well, you maybe momentarily when you're laying in the ocean.

Khe Hy: Yeah.

[00:44:30]

Jerry: You did when you were constrained against carry-, you know, having your AirPods and somehow listening to yet another podcast.

Khe Hy: Mm-hmm (affirmative). Can I ask you about what do I, like this feeling of I owe-, I-, I owe something back because I feel s-, I've been-, I've lived such a blessed life.

[00:45:00]

Jerry: Mm-hmm (affirmative). What about it?

Khe Hy: I think the more I try to let go of some of the things that we've talked about like scaling and growth and all that and, you know, take longer walks in the middle of the day with my kids to get ice cream on a Tuesday.  
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Jerry: Mm-hmm (affirmative).

Khe Hy: At 2:00 p.m.

Jerry: Mm-hmm (affirmative).

Khe Hy: I feel a lot of guilt in doing that.

Jerry: Mm-hmm (affirmative).

Khe Hy: And, I mean maybe just answering my own question, it's a-, it's just a s-, it feels like a similar man of the station, of the same underlying discomfort, of, you know, did I matter. I guess the difference is one is more of, uh, inward-facing like, did I-, did I do enough? Did I build enough? Did I matter enough and another is have I-, have, you know, am I-, am I upholding my responsibility, right?  
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Jerry: Have I did done a good enough job not worry about whether or not I've done a good enough job?

Khe Hy: Yeah, exactly.

Jerry: (laughs). Have I-, have I worked really hard to stay present and been distracted from my ability to stay present by trying to stay present?

[00:48:30]  
Khe Hy: There was a-, uh, a gentlemen once unsubscribed from my newsletter and sent me a real-, like a two page essay and he said, "You know? Like your-, you're a thoughtful smart guy, but I got to get off this newsletter because I just think you think too much. You overthink things." I'm like, "Yeah."

Jerry: Well, there's a dog chasing his tail a little bit here and-, and I think that, um, one way to think about that is that I think you do that, um, probably to keep yourself safe and so perhaps the way to break the cycle is to ask yourself what is it that I'm afraid of? What's the threat?  
[00:49:00]

[00:49:30] Um, and I think that, you know, to go back to the threat is that you'll have died and you won't have mattered and therefore won't be remembered and, um, I think that, um, you can never know actually what forces you've set emotion by your-, your existence, and so ultimately you cannot ever be ensured that you have impacted the world the way that you want to impact the world.

[00:50:00] You kind of have to, um, let go of the need to have it all figured out in order to just actually live your life. I think that's what's that subscribe/unsubscriber was saying in a sense. There's an old line in Buddhism which is after the ecstasy, the laundry.

[00:50:30] And, um, what the teaching is is that, um, there is a release that comes, um, or another way to put it is, is before enlightenment, chop wood, carry water. After enlightenment, chop wood, carry water.

Khe Hy: Yeah.

Jerry: Right? Um, I'm-, I'm not sure that you value chopping wood and carrying water enough.

Khe Hy: Mm-hmm (affirmative).

[00:51:00] Jerry: And even the word enough is a funny word. Um, you may find relief and comfort in valuing chopping wood and carrying water. For no other reason than to create a hot bath which is what chopping wood and carrying water is all about or doing the laundry.

[00:51:30] Khe Hy: Is it-, there is-, it's like the-, it's the appreciation of kind of the mundaneness of life. Is that a fair paraphrase?

Jerry: Uh, the every dayness. I-, I do-, I-, I-, I'm not a big fan of the word mundane. Yeah. There's the every day ness.

Khe Hy: Yeah.

Jerry: There's the, uh, there's something pleasant about folding the laundry.

Khe Hy: Mm-hmm (affirmative).

[00:52:00] Jerry: There's-, there's something pleasant about, um, you know, putting groceries away.

Khe Hy: Yeah.

Jerry: Just the stuff of life, the unfolding of life.

Khe Hy: Mm-hmm (affirmative). Do you-, can I ask a question on behalf of-, of your listeners?

Jerry: Sure.

[00:52:30]

Khe Hy: Um, there's a path that I've taken which is a heavy commitment to trying to pull out these things through coaching, through leaving, leaving places, leaving jobs, through meditation, through even center-, re-centering your work around this work. Is-, it's such a ridiculous question. I'll just ask it. Is it worth it? And I ask that because you can very-, you can very much take me out of the category of-, of a business person.

Jerry: Mm-hmm (affirmative).

Khe Hy: I think I share many of the attribute, the-, the psychological suffering of my peers that are still in a world of like high growth entrepreneurship and-, and so maybe it's like is it-, is it the right-, and again, there's a judgment and but I'll just ask it because I don't know how to ask it any other way.

[00:54:00]

Is it right to be so obsessed with finding the path or is that in itself self-limiting, right? The dog chasing its own tail.

[00:54:30]

Jerry: Um, what occurs to me is to just make the observation that, um, there's a real release in value that comes from simply living the path and not worrying about weather or not you're on the right path and, um, I think that's what you're reaching for is the equanimity that comes from placing one foot in front of the other and folding the laundry and chopping wood and carrying water and staying awake even while you chop wood and carry water and fold the laundry.

[00:55:00]

Khe Hy: Mm-hmm (affirmative).

Jerry: Um, uh, I'm going to take myself out of the role of being some sort of wise person who knows the answers and put myself into a place of this I know has worked for me and that's all I know. Um, uh, and that has made me less afraid of dying and has made me more happy with living.

[00:55:30]

Khe Hy: Mm-hmm (affirmative).

[00:56:00]

Jerry: Which when I-, can manage to step marginally away from myself and look backwards, that feels like a good way to live.

Khe Hy: Mm-hmm (affirmative).

Jerry: Um, I don't think of myself as rest-, reckless. I take care of myself, I go to the doctor, reach out some attachment to this meatbag who called me, right? But, um, it-, when I lay my head down at the pillow at night, most nights, I feel-, I don't feel that latent persistent anxiety.

[00:56:30]



Khe Hy: Mm-hmm (affirmative).

Jerry: It took me a long time.

Khe Hy: Yeah.

Jerry: And I really relate especially in the last few years I've had my challenges with, "Am I good enough? Am I a good enough man?" But, um, of late, of most recent days, I feel comfortable with that. So, I think we've done a 360 from this in the sense or 180-, we started with focused on your questions or-, or your challenges and-, and now we've turned the tables a little bit and that's okay.

[00:57:00]

Khe Hy: I want to hear from the oracle.

Jerry: Mm-hmm (affirmative). Well.

Khe Hy: Give the people what they want.

Jerry: Yeah, I don't know so much about the oracle. Um, I do know that there's a value in asking these questions.

Khe Hy: Yeah.

[00:57:30]

Jerry: um, I do believe that there's a tremendous amount of value in the examined life. Um, and I understand that the examined life can be seductive and it can be a way to sort of draw us in and to no longer live our lives.

Khe Hy: Yeah.

Jerry: And I think that, um, the call to live our lives is as important as the call to examine our lives.

Khe Hy: Yeah.

[00:58:00]

Jerry: I hope that helps.

Khe Hy: Oh, I was just thinking like if-, if-, if only you could just be my neighbor and we could just have these ...

Jerry: (laughing).

Khe Hy: These conversations.

Jerry: Well I've handed in the manuscript to my book. It's, um, to my publisher and it's  
[01:00:00] coming out in June and, uh, I'm super excited about that so maybe-, maybe in lieu  
of having a little Jerry next [inaudible 01:00:11], you'll have a little Jerry in a form of  
a book.

Khe Hy: All right.

Jerry: (laughs).

Khe Hy: That sounds it's gone right by the night sta-, right on the nightstand.

Jerry: (laughs).

[01:00:30]

Khe Hy: Thank you Jerry, it's been a true-, it's been a true pleasure.

Jerry: All right, thank you.