

What Does It Mean to Truly Know Something?

Alex. It's been a while. I miss you.

Yes. Yes. My schedule was was changed. It's why.

Ah, okay.

That's why I come when I when I can.

Okay. Yeah. I missed you.

Yes. Me too. I missed you.

How are you doing today?

Today, I'm fine. Little bit tired.

But Tired?

Fine. Fine. I'm very happy because yesterday, I had the good news about my health.

Oh, yeah? Tell us.

Yes.

Because there is a a nurse that follow that follow-up with me for two years, and then she said to me, okay. Next time in May, I will close your file. I was thinking that you were not happy, but it's because she had two years to follow-up maximum.

So I I I knew that yesterday, but that that that is not that the new that is not the good news.

The good news is my numbers for for diabetes, it's it dropped.

Yeah. So it dropped from six point eight to six point four.

I know that it is at six six point five that we they they tell that, okay. I am diabetic diabetic type two.

Okay.

But but I dropped a lot.

It's it's like a a huge drop.

Were you trying to?

Were you Yes.

Yes.

Yes. I tried to. I I was thinking, okay. I will drop to six point eight to six point six like that, but it's six point four below six point five. Wow.

It's like, I'm very happy, and I will continue to to do what I have to do, sports and and and lose lose weight.

I think the the the big part, it was lose weight because I lost three three kilograms. It's like six point or seven around seven pounds.

And from from from from Austin, after I come back from Austin, I I began to lose weight. I were, like, in plateau.

I didn't gain. I didn't lose.

And after Austin, I began to lose to lose to lose weight. Oh, yeah.

Do you think the women influence you or the food here influence you?

The food. I think it's the food. It's especially the preparation of.

I ate in your house. Yeah. Yeah. I think it's that because I I now I'm I'm eating that every morning.

You make it yourself?

Yes. Yes. I make it myself, and it it's it's really helping, And I love that, and I think it's making the difference. Yeah.

That's great news. That's great news. Yes. Okay. Fantastic. Okay. So we got you back. We got good news.

Your weight's going down. We're gonna see you in June?

Yes. Yes. My my my ticket is already booked. Yes. I I bought my ticket, and I have my holidays accepted.

And that's and I I want to know if I need to to rent a car.

Do we do we no? Okay. So I will not rent a car.

You just take an Uber straight to the house.

And Yes.

Okay. Great.

We'll have the address. It's, like, half an hour from the airport.

Okay. Good. Good. Good. Good. So I'm I'm I'm still what magazine shopping. I'm still shopping dresses because my dresses are, like, very simple.

I didn't I don't have the habit to to wear very fantastic You only have to bring one dress up because we're doing some photos.

So you can bring one you know, you can bring two if you want, but if you like shopping, good.

Yes. And I I will have to to be to have the habit to to wear dresses because I'm I'm I'm I'm still wearing only pants.

So You will like dresses.

They're more comfortable.

Yes. Yes. I I already found two.

And you wear them during the day. It's very hot in Austin.

Yeah.

You can wear them during the day.

You know?

We have four days together.

Yes. Great. Great. Great. Great. I'm happy for that.

No. No. You look great. You look happy. I'm glad you're losing weight. You're shopping. You're gonna look so pretty for the photos.

Yes. I think so. And we can use try.

Yes. Can use the photos that we take. It's professional photos for your website, for your own marketing. It's gonna be great.

Yes. I will use it. Of course. Yes.

Yes.

So so so the the the topic of today is I think the topic is it you will make a kind of improvisation or or what?

Topic of today, I was gonna talk about what it means to to know something and to believe something, whether it's true or not. And I'm seeing I'm checking to see if anybody else is showing up. Otherwise, I will just talk to you.

Or I mean you know?

Yeah.

But I I have some class today. But Yeah. If it shows you, then we can talk about it, but I also like catching up with you.

Are you feeling nervous at all to come to Austin?

Nervous? Like, what? Nervous? I don't know.

Are you are you feeling excited? Like, you wanna meet everyone again? You know them already?

Yes. I'm very excited to come at at Austin. Yeah. Yeah. Yeah. Yeah. I'm very excited.

And just the the the only thing that were, like, I'm thinking a lot about is my my how I will dress. But but I have some ideas. Okay?

It's Will you let us dress you as well?

Yes.

I will I will like that, but I don't know how I have many things like this that you just throw.

It's so big. Yes. Just throw on top any size. I have kimonos. I have things that will fit all size.

Also, my sister

Sasha, she has bigger sizes that can fit. So maybe you will let us dress you as well.

Of oh, that will be so grateful. Oh my gosh. Yes. That one I will like. Yes. Yes.

And we can do some makeup too?

Yes. I I want to learn how to make up because I didn't have the time, but I wanted to I I think I have one video from YouTube. You she she showed, but I have all products. But I don't know I don't know how to put it on the to to the steps, stuff like that. I have I spend a lot of money, but I don't use because somebody didn't show me really how to use it because I I think I learn fast when somebody shows me.

It so I need that. You know? Like, one person shows me, okay. You put this.

You put this. You have that. No. You know? If I if one body shows me like that, I think I will do it every day.

I want I want that.

Okay. We're gonna show you. We're gonna show you.

Great. I will bring my stuff, my my products. Yeah. Make it. Great. Great. Minka is there.

Hey, Minka. How's Minka doing?

Yeah. Minka is doing fine. Minka is back home.

Back home? Did you like did you like America?

Yes. Yes.

Yeah. I had a little bit trouble with the food because I don't eat so sweet and I don't use so much oil. So fast food is not really my cup of tea. No. But, otherwise, it was beautiful. It was beautiful.

And you met up with Alex. That was amazing.

Yes. Yes.

And if you remember from the previous VCA, there was Stacy.

I met with her in Los Angeles the last day before I went back home.

Wow. Look at you. That's fantastic. Yeah. What was your biggest lesson you learned from traveling here?

I actually realized that I'm much, much more calm as a guide than before.

Be because of all your learning through your rehab work?

Yes. Yes. I think so. Because whatever it was happening, if it was, I don't know, eight lines on the highway of Los Angeles because I was driving the twelve seater van.

Okay.

Yeah. So if it was that and everybody was jumping from one line or the other, I was very calm.

When the luggage was lost of my clients, I was very calm. So I realized even before, I was as a guide very calm, but this time, I was even more. I was just, okay. Are happening. Let's do this. Let's do this solution. Let's look here.

So I'm like You like the Buddha?

Yes. Yes.

And I I was surprised. I surprised myself, actually. I I didn't realize that I changed so much. I I didn't at home, I could not see this this change.

But now when traveling and even then one passenger at the end, she said, yeah. You just come. The things are happening. People are screaming.

You know? And, you are just like, nothing is going on.

So Fantastic.

I mean, you've also been learning how to be with different emotions and isolate and calm and this, this ability to cope with whatever is happening happening. Coping is a big part of what self esteem is.

And believe it or not, I think your self esteem is higher ever since your, you know, your health adventures. And Yeah. Because health self esteem increases when you go through something hard.

Yeah.

This is why I think I think everything is helping because all four of you are totally different.

You're all amazing. Each one it's difficult to say what each one of you is giving to us, but each one, Sasha, Warren, Evan, you, each one is giving us something that, at the end, actually works very, very well. And we have a lot of, I think, good

influence, and we can actually if we are following, if we learn, if we implement, I think we can actually change a lot. And I did. I did. I have a lot of the things from all four of you.

Oh, thank you.

But sometimes it's very difficult to explain which one I got from who.

Isn't it?

Because it's a I got some of the things from you. Sasha is totally different. She's totally different, but she was helping me also a lot.

One of the things, for example, she was helping me is when people are with all these emotions and they are screaming and they are saying all these bad things about you, she said, just imagine you are in a bottle. The bottle is open. You get the air. You get the sun.

You get but the words are not coming to you. They they just stay outside of the bottle. So you know everything what is happening. You're there, but it doesn't touch you.

It doesn't come close to you. So this, for example, was helping me many times when something was happening, you know, and people were with all this anger and this kind of things.

And the other one from you was helping me that there are some things that are just not mine, For example, like what now when I came back, my my dancing partner, he knows that I really like salmon. And he prepared the fish for me, a big piece, and he brought it to my house.

And I like it so much that I was going to the kitchen and stealing a little bit before the lunch.

So then when we had lunch, my husband was also there, so I cut and my my friend said, no. Put the big piece for you because you really like this fish and I made it for you. So I put the big piece on my plate. And then my husband was was jealous and he said, the fish was so big in the kitchen and now I got such a small piece.

And I was just thinking, it was present for me, so that's who he's feelings. That's his jealousy. So just deal with it. It's not my business.

Yes. I did share it with everybody, but, of course, because it was present for me, I like it. So I got and my friend said, no. Put bigger piece for you because you like it.

So I just didn't bother with that, what he was feeling. I just said, okay. This is your jealousy. You just deal with that.

You know? It's not my business.

Oh, Mika. That is so good. See, you are training your husband and training everybody to, to honor your desires and your needs.

And over time, he will be the one to say you take the big piece, hopefully.

Yeah. Yeah. I think at some point, he will. You know, he's but he he's watching me. He wants to know what I'm doing.

He's interested, but he's not yet sure to also do it. You know? Okay. Yeah. So he's a little bit like, you know, all the time ask me, what what did you learn last week?

What did you do? But when I say you can also do it, you know, you can no. Okay. Maybe, you know and then he's he moves away.

So I don't push him. I just when he's asking what I'm doing, I explain to him. But otherwise, I just let him you know? Sometimes we are laughing because the last time he had a big group, he had, like, five hundred people in coming here because he's also working in tourism.

And he had a big giant paper of all the names and when they are flying in, and and he was checking that. And I said, just give it to me, you know, the document. I will put in chat GPT and in Claude, and I will if you need to know who is vegetarian, I will get the list right away. You know?

I can do this in fifteen, twenty minutes.

Said, no. No. No. I don't know if it will be correct or not, but I put in two AI. I put in Chad GPT and Claude, and both of them, they are not going to do the same mistake. I will see very fast if someone is doing the mistake. You know?

And he said no. So then he prepared the lunch, and I said, okay. I give to my secretary because I'm calling now Chad GPT, my secretary. I give to my secretary the task, what she needs to do, the deep research.

So now she's doing, and I can eat. And when I it's finished, I will go back. And he was laughing because he was the whole Sunday with that big list and checking all the names, and I just give it every half an hour, the task to chat GPT. I checked. I I said, well, it's not okay and put it again, the task, and, you know, the machine was more working for me than I was working.

Did did he ever let you use it for his stuff, or he only Yeah.

He he doesn't want to use it by himself. He usually is coming, he says, can you ask your friend about this? I need this information. So he's usually asking me to do for him. Yes.

You're the mediator. He's, like, afraid.

Yeah. He's, like, very cautious, but he wants to know. He wants to know the things. So I think at some point, when he will see at the moment, he doesn't see such a big success because I'm still putting my business, you know, all the pieces.

But I think when he will see the big success on bank account, I think at that time, he will open, you know. But he needs something more like, you know, a few

thousand, I don't know, ten, twenty thousand, thirty thousand from one project, and then he will he will open.

Who will leave? Okay. We gotta win more with money. Okay. Welcome, Gloria. Hi, love.

We found an Alex. She finally showed up. She was busy, but she's she's got great news, and she's glowing. And, Gloria, she says we can dress her up at their at their live retreat, so I'm very excited about that.

Yes. Gloria's really good at dressing up. Okay. So now we've got a few people here.

Why don't we dive in?

Unless, Gloria, you wanna share anything before we do. Anything you wanna add, an update, a brag, anything alive?

Nope. Okay. I love you, Glenn. I can't think of anything right now.

Right. Yeah. Yeah. Today, I was literally thinking, what do I wanna play with with you guys? And I'm like, we just have a small group, and so let's just play with, like, our favorite ideas and what you know? I'm a I have a degree in philosophy, so I always like to understand how we make meaning, what is truth, what does it mean to believe something, to know something. When I say I know it's Wednesday or I know my name is Annie, what does it mean?

What does it mean to know, k n o w? And I just wanna put it to you guys. I don't have an answer because even the philosophers haven't figured it out. But what do you think it means to say I know something? What comes up for you? What's your criteria?

There's lots of stuff we don't know. There's some things we think we know.

I know I'm a teacher. I'm always talking like I know things.

Can I go? Can I Alex, go?

Yes.

For me, when I say I know something, it means I have an experience of it of it.

Okay.

And and and the more I say I know it, the more confidence I have by saying I know it, it means that I have some experience and some learning from that experience.

So so when I say it, I I remember that my voice is more deep. It's more, like, serious and intense to say, I know that. I know that. I know it.

So and and when I say that I have some some visuals in my in front of me, like, I see the stuff I know.

Well, give us an example. Give us an example from work that you just know. Okay.

Okay. The example I can see, it's I can say I know how to resolve the the the one colleague one colleague, she she said to me, okay. My husband, he he he now he knows that I I will be I will have holidays. So I I will have some days off.

So now he's starting to to come with me, touch me, but because he knows that he will make sex sex at that time. But before that, he doesn't touch me. He doesn't do this. He doesn't do that.

I I I wonder if he do that also all other day other days like that.

So what do you know?

I said to her, I know how to resolve your problem. So there is so because I have a framework a framework that I already used with my daughter and her husband and with me also, the the five the five type of of language. So I said to her, you

there is a there is something that called the five type of language. So maybe there is something you can do with that.

So I I talked to her, and now today, I buy again with her because she said to me, my mother, she was a very nice cook.

And me, I'm and she's cooking for for our Well, let's come back.

I wanna come back, Alex, because I wanna make sure we understand how to use the word I know. So Yeah. You know how to help her, and you gave her a framework.

Yeah.

Is that framework something you believe?

Yes. I believe that.

Is it something that is true?

That is true. And that that is true because I already experienced it, and I already saw the results.

Okay. So you've tried it. You have your own experience, and you've tested it.

Exact.

Okay. Great. So what we're hearing from Alex is that she has to believe it. She has to think it's true.

She has to have experience with it, and she has to have tested it. Okay? So that's great. That's a good starting.

Okay?

So that's what knowing is.

Who else? What is knowing to you, Minka or Gloria?

Gloria. So as I've gotten older, I've learned that there's a lot of things I don't know.

So things that I thought I knew before, new information comes in, and then I realized, really, I didn't know that. And I realized a lot of the knowing I have is only based on my experience. So if somebody else has a similar experience to me, but it's different for them, how is their knowing different than my knowing?

So and another thing on the other side of kinda knowing is, lately when I speak to people, I try to have a feeling sense. You know, like Annie, when you like you're speaking or coaching someone and you'll like take a pause and you'll close your eyes for a moment sometimes and you'll just what am I I think I'm hearing you say in yourself, what am I feeling? Like, oh, what is this? So I do that more and it's kinda like that feeling of the energy. And that seems to be, more succinct with the other people I'm with.

Yeah. And I have to be present.

If I'm not present to the now, I'm not really gonna going to be able to know the no, if that makes So notice that knowing, k n o w I n g, has now in it.

Yes. I think that's great. So so that's a great add in, Gloria, that you it's based on experience, but it has limitations, and other people have different experience. And until you're present, you actually don't trust the know knowing.

Okay.

Yes. I mean, also and you used to say this thing, we don't really know our mother. You know, you'd always say that. And I when you said that the first time, I was like, that's not true. I know my mom. But then you said, no. You only know her from your perception.

So like when my mom wrote me a book, I asked her to write a biography for me because there were stories she couldn't tell me because it was so painful.

And so when I read the book, it's like, I didn't I don't know my mom at all in so many ways. Right?

So there's so many different types of knowing to me Yeah.

And not knowing. Yeah. Great.

What about you, Minka? What is knowing to you?

Well, I would say that I know something when the thing is really fixed and cannot be different. You know, like, Bangkok is the capital of Thailand. In this case, I will say I know which is the capital of Thailand because it's just, you know, one, and it cannot be a different way.

But when it comes to other things like, I don't know, dancing or something, I'm not going to say that I know because I agree with Gloria. It's you never actually know everything. There's always something that you can still learn.

You are never hundred percent. So I might say I read something about that.

I was learning about that so that people know that there is something I have experience and knowledge about that. But I'm because for me, knowing, it's like I know hundred percent of that thing.

Okay.

You know?

So only the things that are really fixed, like, capitals and these kind of things and, you know, that cannot be different, I say I know them. But the rest of the things I will say I learned, I I read something about it, I experienced, I was one time over

there, but I'm not going to say I know it because there is always some space that you can actually learn even more about the thing.

Got it.

So I'm hearing from you, Minka, the need for to claim knowing or knowledge, you have to feel certain.

And unless you're certain, it's like a guess or a thought or an idea, so you're humble about your knowing.

Yeah. I want to be humble because I know that there's always something more. You know? I'm ten years in dancing, and definitely, I have a lot of experiences. I have a lot of figures. I know many things, but I'm still not there to know everything.

So I'm still also learning and there's there can be people who are beginners and know less than me. There can be people who are experts and they know much much more than me. So if people will be asking me about dancing, I will say, yes. I'm I'm dancing ten years. I'm practicing ten years. So I do have some knowledge. I do have I was, you know, quite a lot in this.

But there's always some upper level where you can go. There's no I I don't see I don't see that you can actually learn.

Done. You're never done.

No. No. You're never done. There's always something and the things are changing. Like now with AI, you can learn a lot a lot, and then something changes, and you have still something to learn. So you're never done.

Okay. So there's a humility I'm hearing, and you can be you're careful where you put your certainty. Now it's interesting when you said the Bangkok is the capital of Thailand. I mean, I believe that.

I don't think anyone changed it in the last week. But say you said say someone said, I know Alex's name is Alex or Gloria is Gloria. And who knows? Gloria could've changed her name in the last week.

I could've changed my name. Someone could change their gender. Like, how up to date is the information? So I'm just playing with it now.

And, you know, Alex, you said you have to know by experience, and we've all said that. Well, a lot of us if we asked, do you know that Saturn is a planet around, you know, the solar system. We would all say, yes. Saturn is a planet.

And I believe it. I've seen enough documentaries. I've seen enough pictures, but I don't have any personal experience. I have no direct experience.

My experience is through some telescope that who knows what they made. Just like I don't know if anyone got to the moon. Who knows if that was fake footage?

Like, really, I don't know.

Yeah.

And so I'm trying to play with even though we might have not have experience, we still believe that there's cells in our body. There's atoms and molecules.

We believe that pi equals three point one four to all infinity, but we've never actually sat and divided it ourselves.

They tell us it keeps going forever.

Yeah. Right? Yeah.

So Yeah. I love the humility part, and I'm gonna bring in the frame that, like, traditional philosophy says is that to know something, this is what they claim, the statement has to be true, whatever that means, true.

Yeah.

You have to believe it.

K? And you have to have a good reason for believing it so it's justified.

And maybe the good reason is you counted the tomatoes yourself. So when someone says, do you know how many tomatoes in the bag? You say twelve tomatoes. What's your reason for knowing that? I counted them.

Maybe I told you there was twelve tomatoes, and you trust me.

So you have good reason because Annie's never lied to you, but you still you know, do you know? But that and and, basically, in philosophy, to say I know requires you to have a true justified belief.

Yeah.

Because if you have a justified belief so for example, if I say to you, there's ten tomatoes in the bag, and you trust me.

So you believe there's ten tomatoes in the bag.

Someone asks you, how many tomatoes are in the bag? And you say ten. Is that knowledge? It's justified. You believe it, but it's not true.

So in in order for it to be knowledge, it has to be true.

You believe it, and it's justified. So that's the requirement for a piece of knowledge in in science and philosophy. And they call this the study the study of knowledge is the study of epistemology.

So it's a fancy word. Epistemology means the study of knowledge. What does it mean to know?

How do we know?

And as many of us have learned, we studied our science and our books and our geography and our history, and we know, oh, the war happened in this year, and this was the name of the military leader. But there's another kind of knowing that we are learning to develop, and Gloria had nodded to it, which is an internal present from the present moment and access to information, which we might call a feeling or a knowing, but it's internal, and it's usually not cognitive or rationally based. It's like we're accessing another realm of information that is transcognitive beyond cognition or reason or explanation.

And I think all three of us here would agree that really valuable data lives in that intuitive knowing that maybe we cannot prove.

And so I'm curious.

Do you believe things that you cannot prove, and what do you have?

What comes up?

Who has one belief? I want one from each of you. Give me a belief that you believe, but you cannot prove, but you still believe it.

That kind of proof.

Cannot prove.

But Okay.

So Gloria has one.

I believe in God, but K. I think I can prove it.

Okay. Well, you're ahead.

It's not scientific, But I got Well, that's just it.

It's to make a proof to make a proof valid, it can't just be in your mind according to normal science. Yeah. Yes. Okay.

That's a great one. I Alex says I believe in God, but I cannot prove it. Excellent. What about you, Gloria?

Will you believe what you can approve?

I believe there's multiple dimensions, and we're in them all at the same time right now, but I can't prove that.

You can't prove it. You can't prove it to other people, but you seem to have had experience, personal empirical experience that is undeniable.

That's wonderful.

I believe I can visit people when I'm sleeping.

K. Wow. K. Great. Now what about you, Minka?

I believe that each person, because we have a different background, different school, different family, different friends, that each person in the world has a different opinion about the same thing. So if we take a food, a bowl, or whatever in a hand that each person in the world will have a different opinion about that, how big is it, which color is it, from where it's coming, and so on. But I cannot prove it, you know.

But I think even when we have similar opinion, we don't have the same feelings and the same opinion about some of the something.

Got it. So you can't prove that because you can't interview everybody on the planet. Is that why you can't prove it?

Because of that and because people are feeling the things, you know, and they don't sometimes they don't know how to it. So they will say, yes. I have the same opinion, but they definitely see maybe the color of the toy different than I do. Maybe they see the dark green, and I see more the light green.

So when when we see the things, when we hear the things, we cannot explain everything what we feel about that. So we cannot actually prove if someone is seeing the things different than than me. So it's it's totally impossible even for two people, not for everybody in the world. For two people, it's impossible to to prove that we can we see a different when we have similar opinion.

But I think that everybody has We are we are we are similar with the things that we have, two legs, two hands, the head, you know, that we are this is them. Everybody is the same in the world, but when it comes to the to the head, to the mind, to the feelings, I think every person is different in the world.

K. Okay. Great.

That's something I believe, but I can't prove.

I believe that I believe that we choose our parents and that our parents and us collaborate on a project this lifetime. Like, before we're born, you and your parents go, okay. Let's do this project. So you can learn this, and I can learn this. And then we choose each other for, you know, the curriculum, the school, and then we forget once we're born that we picked parents who will, like, drive us a little bit crazy and hurt us a certain way. And and I don't know how to prove this. In fact, I don't have any proof.

But I find that idea very, very useful and very beneficial. So it's interesting. We can pick beliefs based on their utility or on their, you know, truth truthfulness. And I think it's important to have a bit of both.

Because if you just believe things that are convenient, then you're never gonna be able to relate to other people with any consensus reality. Like, if I say this is a cup and you're like, no. It's a bowl. I mean, it could be a bowl.

You could put cherries in it or whatever. But, I think in order to stay sane, whatever they call sane sanity, you have to be real able to relate to another other people enough so that they don't stick you in a asylum. I don't know if they're crazy, the people who don't connect everyone else. Maybe they're more sane.

Who knows? But if you wanna relate to other people, you have to have some shared reality.

Okay. So we can all believe things that we cannot prove.

Can I ask something?

What you believe that we choose the parents. So why do you think that some of us, we choose the parents who actually love us a lot, and some of them, we choose the parents that does, at some point, hurt us. Yeah. Why do you think we choose why why would not when we are choosing the parents, why would not everybody choose someone who where he will get she will get only the good side, love?

Why we are choosing the parents who also hurt us?

Well, think about it, Minka. People go and live their life and have adventures. Right? I've never where did you go to the Arctic point? Antarctic?

Where did you go that was Yeah.

North Pole.

North Pole. Okay.

Yeah.

I would never go to the North Pole. I don't even like to be cold. Okay? I have to wear slippers because my feet are cold on the ground.

So never to the North Pole. Why would someone I literally think, why would someone go to the North Pole? And it's because the same reason why when kids go to the festival or Disney World, they don't go on the kiddie rides. They could go on the doctor Zeus rides and have fun, or they could go on the roller coaster that's a little bit scary.

We like challenges. And if we believe, like Gloria is telling us, that we are multidimensional beings, we're living many lifetimes at the same time maybe or sequentially, whatever that means.

If you have infinite lifetimes, after you have good parents, good parents, and you try that out, don't you get kinda bored? You're like, I kinda want parents who yell at me a little bit. Let's see what that does. Oh, maybe the oh, I got that now. Oh, this parent likes to hit me. Alright. Let me see how to dance with this.

And I think if you give infinite tries, you will eventually try everything, including abusive parents, including you're born with a handicap, including you're born you live one year and then you die as a baby because you get to keep trying. And so this is my theory, is that, when I see people born with parents who are very difficult or abusive or sexually abused, I'm just like, oh, wow. You picked the PhD curriculum.

You took the roller coaster ride this time. And I feel like I took an easy ride this time. I mean, I have no big physical impediments. I so far, my life is I have struggle and pain and I cry, but I look at the people who are out in the world who are missing a leg or who are paraplegic or have sickness and disease, and I'm just like, you're you're a scholar.

You you wanna learn something new. You're in a different part of your curriculum. So that's my theory. When I see someone struggling who's homeless on the street or who's, like, really struggling with being in their body, I kinda feel admiration.

I used to feel pity and, like, judgment, and now I'm like, oh, I took the easy ride. I'm in the kinder I'm in the kid's ride at Disney World.

So that's that's just one of my theories.

What do you think?

Well, when I see homeless people, I'm always asking myself because I had to I had to struggle in my life many times, and many times I was alone to go through the difficult times.

And I'm just thinking, why you don't fight? Do you know why you don't I'm always thinking why why you don't try to do something? Why you're not because I had to do. You know?

I I was attacked in Peru, and they were trying to strangle me. You know? They were holding my neck. I could not breathe.

And I was alone, and I had I had to do something. So when I see them homeless on the street, I said I I'm thinking you have two legs. You have the hands. You're still, you know, look young, for example, if they are young.

And I'm always thinking, why you don't why you don't fight? Why you don't try? You know?

That's so helpful. With that, Minka. Let me help because that that's that's a that's one angle. Keep that because that keeps you motivated.

Another angle, just to try all of them, is well, some people have hands and legs, but they're missing emotional or intellectual access. Yeah. Right? I mean, I don't know what you're doing with your coaching or your work right now.

But if I said to you, Minka, you have the VCA, you have Annie and Evan, and and have you done your landing page, and have you got the clients, and what what's wrong with you? How come you don't fight? Like, you you can see how like, there's places that you're stopped. And everybody has different places, physical, emotional, intellectual.

And so when any whenever I meet someone, a client or a homeless person, and they're stuck or stopped, I have a part of me that's like, wake up. What's wrong with you? Totally. Because I had to do it.

And I also have a part of me that I can visit that goes, I have no idea where they're stuck and whether their abusive mother told them, you'll never amount to anything. You'll never be successful. So every cell of their body believes I can never be successful. So they take coaching programs, and they take this mentorship, and they can never do it yet until until they work past that fear.

And so it allows me to have compassion for wherever they're at and also, come on. What can we do here? I can visit all of them.

And it's useful to have the multiple perspectives because it takes you out of judgment of others, also of yourself.

Because you may be successful. I mean, you've gone to the North Pole. I will that is not something I will do in this lifetime, and it's I have a lament that I will never climb a mountain or you know, because I'm just not I don't have that skill. I can't even do a cold plunge.

All my friends, cold plunge, sauna. Come on. Let's come to the the the the spa. I don't I have to avoid the spa because I'm afraid of the cold plunge, and I feel like I'm losing out on longevity because I'm not brave.

So I look like a loser, but, you know, they don't know what to do when they're someone's crying around them. So everybody has their different skills, and so we wanna be able to snap people out of their slumber, but also understand that they may be dealing with things that are holding them back like magnets that we don't understand.

But, when we are speaking about homeless, I do believe that you can move forward only if you want. So I do believe that we cannot help people who don't want to have help.

But, also, that homeless person, a lot of homeless people are struggling with mental health issues, whatever that means. K? So it could be everything from schizophrenia, narcissism. Remember, narcissism can happen to any IQ.

Low IQ, narcissistic people are often homeless because they don't know how to make relationships. They don't know how to keep jobs. They take. They steal, and then they're just left, you know, by their family and their low self esteem.

Like, a lot of us struggle with low self esteem. That's why we can't take certain actions.

And, you know, give me a homeless person for a couple weeks, and maybe I could coach them into believing in themselves. And they could go get a job or reach out or ask for help, or it doesn't even occur to them that this the house or the building they are living beside, they could clean up and go ask for a job or something like so we never know the shackles that are invisible inside someone's mind. And so I just like to play the imagination game of whenever I make a judgment about someone that there something's wrong with them. I I don't do this all the time. A lot of times, I'm just having judgment. But if I could use my imagination and I ask my imagination, what story would have to be true for me to see where they are right now as appropriate and the best they could do? And then I used my imagination to think up a story that would make what they're doing right now totally sane, totally makes sense.

And so it's useful to have that skill. Okay.

Yeah. That that that that that reminds me.

One social worker, she present us the her work with the homeless, And then she said to us, she a resume of that is that, they have, emotional disease.

They have a emotional disease. So this is why they are in their situation, and they they are they have difficulties to to get out of their situation.

So this is, as Annie said, emotional stuff that they cannot get regulate or they cannot find a way to. And I I talked to one homeless that he was a genius in in violin in the metro. And then she he he explained me his his story.

He he is a perfectionist, and he worked with the the kind of friend not friend, but coworker in in the opera, the big opera, and then you see that it's emotional stuff. He he doesn't want to disconnect from his perfectionism.

And always, he he he remote his violin always, always, always, but that and that's why he's homeless.

I'm it's but he's a very good violinist in the metro. He he was fabulous.

And, this is his his his story.

So it is emotional, emotional, what, element from emotions. Yeah. Yeah.

I also think that what you said before, the self esteem when I my school is still closed, the dancing school. But before injury, I saw that the majority of people who came to dance, they they say they want to learn the dance, but it was a self esteem. And I I realized that self esteem is not just one. You can have self esteem very high when it comes to, let's say, speaking event.

And then when it comes to going to the mountains, your self esteem is very low. So for each skill, we have a self esteem. So some of them, they are very high, which are developed, and we do those things with ease. But some of them, they are very low.

And I realized that people are coming to the dance classes because they have a low self self esteem and they want to build it. Some of them, they didn't know how to connect with other people, so being more socially accepted. Some people, some men could not approach the ladies, so they had, in that area, low self esteem.

You got it.

So but I think a lot of reasons when we have when we have a problem, many times the core of the problem is a self esteem in that skill. Yes. I I see that it it's it's it's a big issue, but people no one no one wants to accept that it has a low self esteem. Esteem. I know. Everybody thinks and everybody has it, but then it depends how high is it.

Yes. So self esteem is domain specific. Right? I have low self esteem around climbing mountains and cooking. I have high self esteem around resolving conflict or teaching or even decorating, dressing people up. So it's domain specific for sure. And remember, self esteem involves your ability to cope with intense or difficult circumstances.

So I can cope with someone crying or yelling or not everybody can. And I don't know how to cope with high altitude or a lot of physical stress or hiking. I mean, I can hike, but, you know, everyday hikes. So to build self esteem is to try something in an area like dance or hiking and try something outside your comfort zone.

I don't know if I could do it. Then you do it, and you're like, oh, I can do it now. So you build your sense of resilience, your ability to cope, and you can't build your ability to cope without trying something new and seeing how you do. So to build self esteem, we have to keep growing the edge of what we've mapped Yeah.

And learning.

Okay.

Alright. So Annie, I gotta go. Go, babe. Take a seat. Split.

We love you.

Okay.

Someone was at the door. Okay. So we're talking about knowledge, and we're exploring what it means to know. And it was more I just wanted to play with the idea.

There's kind of categories of knowledge. Like, there's it's called propositional knowledge. So it's when you just know something is true like a fact. Like, all snakes are reptiles. We have a category called reptiles. We know snakes is in that category. No one would probably argue us saying no.

And so that's a proposition. It's, like, true in our consensus reality.

There's something called procedural knowledge where you know how to do something.

Like, I know how to help a couple who's fighting. You might not know. I don't know how to tie ropes on boats. Like, I don't know how to do that.

I don't know the procedures. I don't know how to make a website even still with vibe coding. I still don't know. But you might.

Or my daughter knows how to take care of a snake. She actually does. She has two snakes.

So there's propositional knowledge, which is, facts, procedural knowledge, how to do something, experiential knowledge. So this is where we're talking about knowing through direct experience. So you might say, I know what it's like to, go to Norway, or I know what it's like to walk through Paris.

I know what it's like to feel grief, and no one can really argue. I know that I'm sad.

No one can argue with you, and only you can know it. So that's called experiential knowledge.

K? A lot of people think knowledge comes from either reason, like logic, rationalism, like all all snakes are reptiles, or experience, which is empiricism

based on your own lived experience, or something to do with consensus reality or language. Like, you know, this is a noun. You know? A cup is a noun.

I don't it's just more to do with the language that we agree on.

So in science, which is kind of the reigning way we learn about things and the way we accumulate knowledge is the scientific method, The way knowledge is treated is that the belief that you have has to be supported by evidence. K? So this is the justification, the proof. It has to be supported by evidence that survives repeated testing.

So you have to test it. So I have an idea in science, and then you test it. And you have to repeat the test several times. And if I give you the same test and you do it in Sweden or Norway or Morocco, the test will still happen and give the same results.

So in science, it has to be testable and the same results.

So we can use this scientific method. I think it's a good technology to accumulate knowledge.

But sometimes you can't always test. You know? All you have is your own tests.

I know this. Here's an example of something I know. I know that if I'm working with a client and I ask them to close their eyes and to turn inwards and to try to attune to their inner wise woman and ask her what she thinks she should do to resource her own inner wisdom, I know that every time I do that with a client and I I'm able to get them there, the answer that they get is very valuable, really useful, and will lead to their success.

Now I can't be sure that everybody doing that, that they'll get the same results. But when I ask people, it's so reliable.

It has high predictive value and explanatory value. Like, I can create outcomes that are much more powerful. So where I can, I ask people, well, what would your wise

higher self recommend you do in this situation? And I noticed I can get much more interesting, creative, imaginative outcomes. K? So I think I just wanted to play with the idea of knowledge today and realize that nobody actually knows what it means to know. And it's less about possessing absolute truth, and it's more about maintaining really useful predictions about the world.

So that's all I'm interested in these days. I don't care if it's true or not true.

I'm interested in if I hold this belief, does it give me good predictions so my life is navigating with good models, and does it give me more explanation of why something's happening? If an idea increases my understanding and my ability to predict the future, I value it.

I don't need it to be absolutely true because I don't know how to prove if, you know, to interviewing your inner wise self is going to give you a successful outcome.

But it gives me it does produce better predictions and explains behavior because I actually think we're always doing what some part of us is telling us to do. But the reason we get unsuccessful outcomes is because we're usually listening to a part that is scared, confused, and from the past. We're not listening to the current adult relaxed part that is open to possibility. But if I ask you to interview your wise inner woman, what would she tell you to do? Or I might say, what would the most extraordinary, powerful, brave, emotionally astute woman do in this situation? Then you get to use your imagination to ask, what would that woman do?

But who are you asking? You're asking your own version of that.

Right? So we get to access different parts.

You know, ultimately, we don't know anything. I think, Minka's humility about, you know, the more you know, the less you really know about anything. It helps us be humble around certainty.

So we've got just a we got a half an hour left. Actually, do we? Yeah. We have half an hour.

Half an hour.

Half an hour. So I wanted us to play. Maybe I put Minka and Alex into a little group. I want you to play with brainstorming together something that you know, that you feel confident about, that you'd be willing to even share as a truth or a teaching.

K? It could be something you know from your personal experience. It could be something you know because you studied it. It could be something you know because you've been to that part of the world or that experience.

Like, I could teach you, you know, and I do, how to resolve a fight or how to turn conflict into collaboration.

I could teach you let's see. I mean, I could teach you about how all snakes are actually lizards. Did you know that?

All snakes are lizards?

They were lizards at the beginning. At least they say.

So snakes evolved from lizards because lizards evolved from the first fish that walked on land with their little fins.

So animals came out of the water and became quadrupeds with four feet. Eventually, they those proto fish turns into reptiles, turns into snakes who were lizards that lost their legs. So I could teach you that. Right?

Something that I know. So I want you to brainstorm, Alex, something that you know that you could teach. It could be from your work. It could be anything.

Literally, it could be, like, how to make a cup of tea and workshop it together so that you can present, an answer to the question, you know, did you know? Did you

know that all snakes are lizards? And then you can explain why. Literally for three to five minutes.

I want you to come up with a three to five minute ramble. You don't have to memorize it, but just something that you know that you feel is true and justified based on your experience. So it's just kinda like an improv. So I'm gonna put this in the chat, as a exercise, and you're just gonna brainstorm with each other and to try and figure out what is something I'd wanna talk about for, you know, two, three minutes.

And at first, you're just gonna ramble with each other. Like, Minka, you could talk about what you know, do you know what it takes to get to the North Pole? And then you could probably talk about that. And, well, I mean, I'd love to hear that.

And, Alex, you could probably talk about something from your past experience or, like, your past relationship, how to not how to choose a partner that doesn't betray you or even something from your work as a medical professional.

So are you guys willing to play and just brainstorm with it? Okay. So I'm gonna put you into two groups. Actually, I'm gonna just yeah. I'll put you into a group.

Breakout room.

You just join that.

And when you come back, if you want, you can share.

We'll come back with ten minutes.

K. So you've got twenty minutes to jam and practice it with each other.

Process safely and work with the professionals. So we got him set up a particular doctor that does this, but he didn't like the doctor. And so then he just decided to go rogue and stop taking the steroids altogether. And then he started having very

adverse effects yesterday of convulsions and shaking and just getting messages from him and assistant his assistant very kind of frightened and unsure what to do.

So I booked them. The meeting with this surgeon yesterday that we had, and it's just it's very time consuming. And then for me, I it's difficult because I'm trying to support him in navigating this safely because I know how overwhelming it is. But then when he makes certain decisions that are sort of against what the the plan is and then there's an impact to those, it's I'm I'm finding it difficult to be able to discern what I you know, how I evolved in my day and the impact of these decisions.

And so at this point, I I shared with Alex yesterday. I was like, I think I need more professional support personally because my nervous system is starting to feel, like, very exhausted and dysregulated. My hormones have been out of whack as well, which I have someone I'm working with on that front, but just from some of the stress. And so I'm looking for a therapist, ideally, a person here in Austin.

So I don't know. If you if you have any recommendations, let me know.

I've got a couple people online. I have someone that I've worked with in in San Diego virtually, but I'm kind of feeling drawn to maybe work with someone in person because I'm processing stuff on my own, but I also it's it's been so much for such a long period of time that I wanna make sure I have a place every week ish just for this season at least so that I'm not dumping it into my relationship with Alice or my friends or anything like that.

I just don't want it to spill over.

Okay.

But I am feeling definitely Where did you come Laura?

Where did So hold on. This thing's making noise. Where'd you come up with, Minka?

We actually figured out that both of us, we had, an artist in in our lives just that Alex had this in a personal life as a in our relationship. And me, I had as a dance teacher. My first dance teacher was a narcissist. So I didn't have a low relationship with him, but we were working and we had a school together. But we figured out that we had a similar experience.

And it it was really nice talking to her because she she had a different perspective of narcissist. So she opened some other doors to understand the situation better what was happening. I was in that, working relationship for almost four years. And, at the end, I was I was so so sad and crying so often that I actually wanted to give up my dancing, and it's my passion.

So at that point, when I was ready to give up, you know, he left because he couldn't control me anymore because I said, don't want to be dancing anymore. I just, you know, just leave me alone. So he left, and then one of my clients came in. She said we were we were having a trip in United States.

And she said, Minka, you like the dancing so much. You have to promise me here. When you come back from United States, you have to open the school again and find another teacher. Oh.

So and she's like she's like sixty five, sixty seven. And she put me in the room at twelve o'clock in the night, and she said, I see you that you like the dance so much. Don't give up. Leave him.

He he left. You continue. So then I came home, and I started again, and I looked for another teacher. And now I'm happy because I have a excellent dancing partner, and we are dancing together eight years.

Wow. Great.

Okay. Great work, Alex, that you helped open up her world. So you both know about recovering from narcissists and what works and what doesn't.

Yeah. Yeah.

Okay?

Alright. Well, we we don't have time to hear them, but I don't know if you guys even came up with a thing to teach, but maybe next time.

Alex, I got one couple minutes here. Anything you wanna share?

What I want to share is that, I would like what I will share what I will share.

I didn't have an idea, and then I choose that that subject. And it was it was great because of my understanding of the situation with my learnings, with my experience.

So I am it was easy to me to to share with her.

And when she were op she were open sufficiently open to and then I intuitively use my knowledge to to to to show healthy stuff, not to help her because she already found a solution, but to to to open her some some views, some some other some some tools.

Good.

The one tool, the one biggest tool that keep away every narcissist.

Okay. Alright.

The one biggest you should write something about that, Alex. If you put a video, the one biggest tool to you know?

To get away from narcissist or to escape to escape narcissist.

Yes. You'll get a lot of clicks. Alright?

Yes. I will try that.

Alright. Thanks for playing with me today, guys. We we had a little fun exploring knowledge.

Yeah. As you go out today, just notice what do I believe, what is true, do I know it, and, yeah, just start to notice.

Thank you, Annie. Alright. Thank you.

Thank you very much, Annie.

Bye bye.

Thank you. Bye.