

## Feeling and Acting Integral: A conversation with Jason Lange

**Jason:** [00:00:00] Awesome I'm so excited to have you here today. Jeff thanks for joining me.

**Jeff:** [00:00:05] My pleasure

[00:00:05] Jason it's good to be here.

**Jason:** [00:00:07] Yeah. You know when I think of evolution you're one of the first people that comes to mind and I notice that even my brand Do the Evolution and The Daily Evolver

**Jason:** [00:00:20] We've got the T's the D's and the E's. So consider us in good company.

**Jeff:** [00:00:24] We're both in the bull's eye.

**Jason:** [00:00:26] Exactly. Yeah. And so the first thing I just kind of want to talk about with you and explore is just this idea of evolution and what it's meant to you and your life where you're seeing it in the culture or things you're interested in. And we'll just kind of let it flow from there.

**Jeff:** [00:00:44] Yeah I think that's you know it just is sort of a good basic question is What does the evolutionary view bring to the party. And what's the felt sense of it. You know if we really do think and feel that we are moving through stages of development and we have this certain map of those stages and we could look back at our life and see- I can see every stage that from you know magenta on up through modern, postmodern, I sort of can, I have a sort of symbolic moment that I can look back on for I think pretty much all of them and and then so there's me now.

**Jason:** [00:01:36] Yeah.

**Jeff:** [00:01:37] And there's this me that's coming online. And so in the simplest sense I think that evolution or the evolutionary view brings a fourth dimension to one's felt experience so that you're seeing time with everything that's every person you meet. You're seeing that there a movement in time as well. You are yourself you see.

**Jason:** [00:02:05] I love that.

**Jeff:** [00:02:06] You see that. That's true actually in first second and third person you know. So in third person it's the big bang to get out the iPad. And you know how you know it's like the old joke how do you get the complete works of Shakespeare. You get a big mess of hydrogen and you leave it alone for thirteen point eight billion years you know. Yeah. So there's something happening here. And so we can see it in our own bodies on our own lifetimes. We can see it in the culture. You know humanity you know this astonishing conglomeration of atoms that you know depending on when you want to slice and dice that a couple of billion years ago came created human beings. And here we are. And so that sort of lights up the whole situation in a way for me it so I think we'll start there.

**Jeff:** [00:03:13] And we see that there's something going on here.

**Jeff:** [00:03:16] You know that that actually it's astonishing to me that it's well I just going to say what what it actually brings to the well actually let me just stop there Jason see if there's anything

you want to respond or whatever but there's more I could just prattle on and I feel myself not wanting to go into a whole new topic here.

**Jason:** [00:03:46] No I mean the first thing that just really struck me about what you said is the actual felt sense because that's something I've really been trying to think about in my own life in terms of how that's playing out because obviously studying this concept of evolution can be very cognitive and it's the process it's this thing out there that's generally way easier to see in perspective right, in time. Like in seeing how things evolve or how things grow or if we look back at history we can see it. But in terms of that like actual experience.

**Jeff:** [00:04:22] Right.

**Jason:** [00:04:22] In ourselves. I just love that idea of the felt sense of it because it's been something where I'm like, I've been wrestling with that in my mind of-

**Jason:** [00:04:31] And I'd actually be curious of something that's kind of emerged that I've been thinking about is even this massive wave we have right now of like mindfulness this idea of mindfulness coming into the culture in a way that's never been I think before in the history of the planet. Like yeah I'd be curious. I was thinking by that it just actually just before this and I was like in some regards I feel like mindfulness is the actual manifestation in the interior of evolution becoming conscious of itself right in a moment I am witnessing a pattern in dissociating from it. And theoretically you're not necessarily dissociating but getting a little space from it where I have little choice which I think is an other leads us to the new moment.

**Jeff:** [00:05:19] Exactly. Yeah. Well I think that's a really beautiful insight. Jason Yeah. That mindfulness is the interior.

**Jeff:** [00:05:29] Would you say?

**Jason:** [00:05:30] It's the interior of evolution. I think it's yes it's evolution being yet becoming conscious of itself. Right. Like we talk about evolution is getting to this point where it's becoming conscious of itself. And I feel like that's actually manifested manifesting in all of us in those just micro moments where we catch these patterns or ways of being in your past just take that breath create space around us.

**Jeff:** [00:05:56] Because that's absolutely true of course that's what we're doing and meditation is just keeping up with this flow of the moment.

[00:06:03] You know and being aware of the flow of the moment and that this moment is gone. Now it's this moment and that there is a choice point that I love when I think it was when we did the WhatNext conference and Ken did a whole thing on the creativity and and how each moment gives us an opportunity for creativity.

[00:06:23] This is where the eros of the cosmos, actually comes into practical play. Yeah because that's the moment we have a choice and that's what continues this amazing complexification of you know atoms to ants and us. It's just amazing. So you know to me there's a spiritual path there. I mean I think in this moment we're fearing feeling a spiritual dimension of this thing that we're talking about. Yeah. And the great thing about evolution as a spiritual path is that it's vetted by

science in fact science delivers it to us. Yeah you know so we don't have to worry about you know the various cultural constructions and mythologies and so forth because it contains all mythologies.

[00:07:27] I mean it's it could contain infinite mythologies because this is just the waking up of the cosmos to itself.

[00:07:38] You know astonishing.

[00:07:41] You know and I do think that you know there's a spiritual path here and I think that one of the things that people in the integral scene are working on is what this is. Yeah. You know I don't think that we have anything fully formed but it has to have some practice of it of course mindfulness. Mindfulness is it.

[00:08:10] But there's still a different flavor of mindfulness to me that wants to come on that's integral where there's sort of more of a realization of that fourth dimension. I don't know I don't know somehow there's something to me that wants to be more deeply felt that I'm seeing than I experience in my mindfulness training. I mean I think the mindfulness training actually is the calisthenics of what we're talking about. You know just riding the moment you know and you know having equanimity and precision. So beautiful. It's really so beautiful. You can see why religions have been formed around this. You know the waking up thing you know. So anyway I think that's you know if we look at this integral scene some of that if you think of you know the Terry and Diane and Dustin and you know all kinds of people you and me in our own way are working this out.

**Jason:** [00:09:14] Yeah absolutely.

[00:09:15] And I think there's been there's no better time for us to work in someways.

**Jeff:** [00:09:22] Now . You know that's always the best time. But this is a particularly best time. I got to grant you.

**Jason:** [00:09:28] Yeah absolutely.

**Jeff:** [00:09:30] Because we're a cultural evolution at warp speed right now.

[00:09:35] And you know it's astonishing. But life is. I mean if you look at history when was that what period of history was astonishing. Honestly you know in some dimension I don't know. I mean that but I got to say that this Trump phenomena is, you know I wanted Hillary Hillary to win.

[00:10:06] I voted for Hillary. Diana & Terry were out here. We were have a Hillary party the first woman president. You know. But there was a secret part of it. What did the run this Trump experiment. Yeah. And so I'm afraid that you know to the degree that that warped reality at all I apologize to everyone, but, uh, it appears that the experiment has escaped the laboratory.

**Jason:** [00:10:36] I actually I'm sure not that I have any hard data but I imagine that was actually true for a large portion of people that were voting for him. That kind of just - actually I just want to throw the grenade.

**Jeff:** [00:10:50] Yeah.

**Jason:** [00:10:50] And like shake up the system in some way because he was obviously speaking in a pretty heavy way to like being an outsider and rattling things.

**Jeff:** [00:10:57] Right.

**Jason:** [00:10:58] Whether or not he's followed through on that is totally different. But the.

**Jeff:** [00:11:00] Right.

**Jason:** [00:11:02] Because because I think about that too where the energy. You know I loved Obama as a president. I thought he was.

**Jeff:** [00:11:09] Me too.

**Jason:** [00:11:10] I feel like he's as an integral a cat is I've seen on the world stage. The rare. Possibly the only time in my lifetime at least my generation for all I know that a political leader. I actually considered somewhat of a spiritual leader. He is someone I would go to for counsel if my life was in the shitter and I like I feel like he can hold that perspective. Absolutely.

[00:11:33] But as much as I loved him you know this whole theme of the last election of part of the system versus outside of the system. He was an insider in that sense. He wanted the system to get healthier. He wanted to make the system work. Whereas I think Bernie and definitely Trump were more trying coming in from that while the system isn't really working so let's try something else.

**Jeff:** [00:11:58] Right.

**Jason:** [00:11:59] Whereas Hillary again I think she an infinitely better president. Yeah. The history of the planet but she was part of that very engine that had turned off so many people over these decades.

**Jeff:** [00:12:11] Yeah I read one column I think it was by Peggy Noonan. This was before the election where she was saying that with Trump and Hillary we have a choice between anxiety and depression. And if there was something about that that I thought that's true. You know Hillary is just more of the same. You know there's the part of, the evolutionary in me wants to move things along in my own lifetime here. You know so really I don't have that much time to waste. And then Trump is anxiety I mean what the fuck you know is this guy. So but I knew in that moment that anxiety always wins because people you know the evolutionary urge doesn't want to be depressed for long. We want something to happen. And I think there was just that that sort of thing, you know that people wanted something to happen. I think with Bernie it and I actually at this point think Bernie would have won, because I think I underestimated the Hillary hatred in you know a big part of America. You know it's just it's that basically they're sick of the green. It's a reaction against Green. I think there's a lot of truth to that thesis that you hear.

**Jason:** [00:13:22] Absolutely.

**Jeff:** [00:13:22] Around the integral world. But Bernie had an agenda and would have brought a

coherent policy you know philosophy to the presidency. And I think what we realized with Trump is that he's just it's just incoherent as is his psyche. It's an organized it's something isn't it?

[00:13:48] It's jaw dropping.

[00:13:50] It's pretty jaw dropping especially reading the transcripts of interviews where you can like because our news you know that the cable system and the networks are set up for these bite sized things which it's one thing to get a dose of him in bite size. But like when I've actually read the transcripts or watched the full interviews where it's more of like a you would normally get a cohesive whole. There is just no cohesive whole there and it's like how the the fuck is this guy running things?

[00:14:17] Yes so from an integral perspective I think what happened is we have you know the culture wars that is going on between green and green postmodern you know literally modernity sort of the fulcrum on which it you know that that culture war is fought and then the traditionalist or the other side of the seesaw. And so you know we have amber, orange, and green sort of in this struggle. And that's sort of defined our politics - Well Trump actually comes in from red.

**Jason:** [00:14:51] Yeah.

**Jeff:** [00:14:51] He just comes in just blow it up the system. You know he was the one who raised this hand when they said who was not going to commit to supporting the republican nominee he you know he and you know there's some part of it I feel like such a, such a sucker. You know he goes to the Middle East and he doesn't fuck up for three days in a row. I think he's turned a corner.

[00:15:17] You know I still have this hope.

**Jason:** [00:15:19] Yeah.

**Jeff:** [00:15:20] Actually I don't but I've given up. But but I think that's what we've seen in the last four months for sure. But even in the last few weeks with this idea that I can fire Comey and that will actually make the problem go away. Boy I knew better when I was 12. I mean that shows a real lack of antenna and judgment and processing that really it feels like a new sort of disability that this guy has. You know that I didn't quite see before I thought he at least knew how the world worked.

**Jason:** [00:16:01] Yeah.

**Jeff:** [00:16:02] Because he did build Trump organization and say what you will about it. That's you know he did live in a palace in the sky. I mean somehow he got that together.

**Jason:** [00:16:14] Yeah. I mean there's there's so much swirling around him that blows my mind oftentimes that he is our sitting president right now.

[00:16:24] For one. You know something that has been on my mind last year with the documentary we made. And you know this ongoing story in what seems like so many spiritual cultures and communities. And honestly celebrity culture as well is he seems to me like yeah he seems like an infant like you know maybe mentally capable emotionally capable certainly of you know 10 to 12 years old. I've got in mind but that like insular bubble effect of I imagine he's gotten surrounded by

people for so long that projected power on him where yes men to him that you know you get to move the world in this kind of distorted reality that I think we've seen with so many spiritual teachers we see with celebrity culture. They don't have any no men around them because they have so much power. People want to stay invested in them because they get to use that power and they get that this power benefits them. And I feel like that bubbles kind of bursting now because he's not fully in control in the same way he was with the business operation. There's other you know there's are three branches of government that thank God exist.

**Jason:** [00:17:30] Yes. And it isn't that great to see the empire strike back.

**Jason:** [00:17:35] Totally.

**Jeff:** [00:17:36] You know motherfucker I mean it actually does work so far. And I think it's going to continue to work.

**Jeff:** [00:17:48] Yeah.

**Jeff:** [00:17:50] So that's where I see sort of the evolutionary potency of Trump provided we survive him.

**Jason:** [00:17:57] Yes.

**Jeff:** [00:17:57] You know I mean he can do some real damage not least of which is nuclear. You know he has the button although I don't think they would obey that order from him. I really don't. I was just reading that. I forget who the secretary of defense was or whatever whoever was state that during the end of Watergate they all agreed with the generals that they wouldn't obey any or at least they would consider any any nuclear order from Nixon. So there's a nice precedent for that. That helps. That makes me feel better because that's you know this guy can't be trusted. And you know a lot of times a megalomaniac when they're going down just figures fuck it. OK I'm going to take the whole world with me. I mean literally and he would have that. So but provided we survive him evolutionary potency is that we first of all get confidence in our in our system which is a modern system where we moved from it was that modern realization of orange that sovereignty does not lie in the King. It lies in my own breast you know. And every man and woman. What we started with men but we had a women and everybody. But that's so there's laws not men. That's the cliché about it. And and that is a new thing for Donald Trump because you can sort of build an empire literally.

**Jeff:** [00:19:39] As a sort of a red warlord apparently and who has enough orange you know and enough ability to work in the system. But really a lack of empathy you know a egocentrism basically that is you just don't see in that pure form anymore you know. And the one thing that his followers love about him is that he he was willing to punch green in the nose.

**Jason:** [00:20:14] Yes.

**Jeff:** [00:20:14] And and they still love him for that. I'm not sure that they love him for him anymore as much but they love him for that. And so you know it's still you still see Republican support for him in the high 70s.

**Jason:** [00:20:30] Amazing to me.

**Jeff:** [00:20:31] Yeah.

**Jason:** [00:20:33] Yeah it is another thing I've been thinking about that I'd be curious to get your thoughts about. From an evolutionary standpoint it's kind of a couple of things I'm sure we'll dive in. But first just this idea of like actually even the discussion you had on your podcast recently with Keith about trauma- this thing that seems to be somewhat true if not always true but that you know if a trauma happens and we're actually capable in terms of integrating it working through it it can sometimes lead to some profound growth. I mean like I know I very much know my own spiritual path in a lot of ways was actually caused from traumas things that went wrong pieces of me that I wasn't OK with. And I was like there has to be a better way. And what got me onto a path right? So on the one sense that you know I'm an enneagram nine. So I see him get elected him what the fuck, I'm like is any of this true this stuff we've believed in culture moving forward like cresting off Obama and just you know all that.

[00:21:38] But the optimist in me is like well OK. Yet like you said if we can survive him like what a great possible thing. And in some ways I've been doing some kind of more relational work and I don't remember where I just did it but just this concept of in a sense like insecure attachment like particularly like long term relationships often times things because of the secure attachment things actually get worse because it bubbles up to be healed.

**Jeff:** [00:22:07] Absolutely.

**Jason:** [00:22:08] And so part of me is just like one man after eight years of Obama where even if people didn't like him like there was a certain ease in terms that we're not going to blow up the fucking country. He's not a psycho. And if you don't agree with his decision I think most people could at least somewhat get behind the idea is he's thought a lot about whatever he decided. Right. He's held a lot of perspective sometimes to his own detriment. You trying to include too much but he's like seen a pretty big picture. And so maybe out of that secure attachment you know where this thing finally felt safe enough to bubble up which is just this low this low end of our culture that just has not been. It's just not been integrated in any way.

**Jeff:** [00:22:49] Thank you. I think that's beautifully said. And I think that's actually what the integral move is beyond postmodernism where we we somehow reach deep down inside of ourselves and try to come up with a new and deeper broader way of integrating the traditionalists and even the you know people that are previous to traditionalists and in terms of even in the heart and soul.

[00:23:31] And it's not about making them grow. It's not about fixing them. It's about it's actually about loving them is what it is - not convincing them but actually seeing what respecting them enough. And this is I think it what are the teachings of integral that we need to you know sort of practice a lot. What is the piece of the truth that they have. And what is the piece of the truth that they have that those of us who are who are in green post modernity that we're actually we have a blind spot too and what it is is that there is something deeply, enriching, fulfilling, deeply satisfying about our ethnic karma, about nationalism, about patriotism, about all of those things that Green sees as xenophobic misogynistic homophobic I mean traditional sex roles. That there is actually something about those that need to be re-respected not it's not that we want to go back to where those are the only options but there's something that they have that they're not willing to come

forward unless they that get to be brought online and I actually offer that as some sort of try to stumble around it. But I offer it as a question or an inquiry or is a practice then you know that I know exactly how this is going to have to go. But I hear even in the integral world you know how do we you know help these people move forward and I just think that's the wrong question somehow or the wrong phrasing.

**Jason:** [00:25:36] I'm so with you.

**Jeff:** [00:25:37] Really?

**Jason:** [00:25:38] I mean it actually reminds me of you know I've got I've been involved very heavily involved in the circling work and the relational work for the last years and a very significant part of that process which I actually feel like might dovetail into this nicely is in the type of circling we do. The intention is actually not to take someone anywhere, it's not to change others, not to coach them, it's not to feel any different. It's literally to just be with them exactly where they're at. But the magical fucking thing that happens is the moment-

[00:26:13] At least in my experience the moment someone has that experience of fully being gotten where they're at. There's like this big exhale.

**Jeff:** [00:26:20] Oh my God.

**Jason:** [00:26:23] And then all kinds of shit can happen.

[00:26:26] Like all kinds of shit can happen. Then they're open to new ideas or like literally just the energy in the room changes. I totally love what you're saying in terms of it's not about evolving them yet it's about just fucking seeing them and letting them know we understand and see their pain.

**Jeff:** [00:26:40] Yes yes yes yes.

[00:26:44] And that's a new skill set. Yeah you know that's it's not anything like what we're taught or or where our society or culture is at this stage of the game where we're we're trying to fix ourselves we're trying to fix the culture of your tribe to each other we're trying to fix the government. You know that's part of the erotic urge that's part of Eros. But what we also at integral we start to realize that we can trust that eros is built in that that vertical movement that that fourth dimension of time and evolution and organization and movement towards goodness truth and beauty is built and it's built into every fucking atom. Really it's amazing. It's built into all of us so that we can trust that people are exactly where they need to be. They have a karmic stream they have a spiritual destiny and God knows what it is. You know karma is unfathomable. I always loved that teaching. Don't try to sort it out just love them you know. And and that's sort of I think one of the ways that we can relate to that is to just get in the role of a Parent in a way it's like. The goal is not to make your nine year old into a 12 year old.

**Jason:** [00:28:14] Totally.

**Jeff:** [00:28:15] A nine year old is not a defective 12 year old a nine year old is a nine year old and how precious is that.



[00:28:22] You know you don't want to miss a minute of it and you feed them and you make sure he gets some fresh air and you know you issue a bath once a week and the rest of it takes care of itself.

[00:28:36] Yeah I think there's a lesson in there.

**Jason:** [00:28:39] I absolutely agree.

**Jeff:** [00:28:40] That relaxes the system and brings a friendliness and a you know it's like let's let ourselves be lived here a little bit. Let's at least recognize that that's happening and that there's good there's a spiritual path in there somewhere.

**Jason:** [00:29:01] Absolutely. Yeah and it strikes me that that was that probably also has a lot of what was going on in that last election certainly more than I think Hillary Clinton Bernie could call forth that I'm seeing you a little bit little bit more. But you know it that just totally even hammers home to me the deplorable comment like the exact opposite of what we were just talking about. Yeah exactly. That's not ok. How you are is not ok. Yeah. Like and shaming a person instead of the action kind of thing. It's like you guys do some shady shit but you're Americans and I want you to be good. You know.

**Jeff:** [00:29:36] Yes yes yes yes.

**Jason:** [00:29:41] The other thing that strikes me that I thought might be interesting talking about is in turn even in terms of Trump calling something forth you know I think that's one angle that I'm looking for. I'm trying to remain on of like OK what will this call forth both in the system both in our culture both in ourselves and obviously one is a more in a more integral leader in terms of someone who can actually go down. And I remember those debates on stage when he was just big red monkey man like that and you know that literally required a red presence I think to like him being on the stage and shut the fuck up monkey, you know kind of like put him in his place energy of like nullifying that that's not acceptable behavior you know. So hopefully a leader.

[00:30:25] You know I think sadly I think Obama probably could have done that in some regards from some of the stories I've heard about him on the basketball court and handshakes and that kind of stuff. But the other thing it makes me think about that I thought would be interesting to talk about particularly as it's something I've become more passionate about spending time doing a lot more men's work and helping men.

[00:30:45] And it strikes me that I mean just Trump is like the feels like the extreme epitome cliché of all the old masculine stereotypes about what a successful powerful man looks like and how he moves to the world and how he acts like. But it's like every time I see him it's like so blindingly like oh my god that is just not suitable for this time in our planet. You know he's like a fish out of it like you walked out of the 1950s you know.

**Jeff:** [00:31:20] Yeah. Exactly. No and I think that there is. You know I feel like he will help us metabolize and burn some of this residual crap out of the culture because we're seeing that we're seeing it in such a bald unabashed. He's not really very sophisticated at hiding he doesn't want to be. It's not it's it's so vivid that I actually think that you know what it will do is help us to move into a new era of we're tired of that and where we get respect comes back online in a way where you know

we got a little lazy with respect. It's like you were talking about secure attachment a lot of our sort of morality we take for granted. We get snarky about it, we get all postmodern about it and we get ironic about it. And there's a new sincerity that actually wants to come online that is post post-modern.

**Jason:** [00:32:27] Very true.

**Jeff:** [00:32:28] You know something that's post ironic and nice and respectful and wanting everybody to be part of it. And you know it's the best of green actually. And of course integral carries the best of breed forward. But. It leaves behind its excesses and you know its motto per perspectivism so. So I do think that that you know in some ways it's a pendulum swing as long as we stipulate that the clock is moving that yes there is a pendulum swing at it not just stuck there anywhere. You know it's moving forward. So you know that's that makes me hopeful.

[00:33:13] And you know what I think you know remains to be seen is to the degree that he is able to hold on or does he want to or does he manage to or you know this is where I said this is one of my podcasts. Don't know mind of you know good old Buddhist you know what. So I watch my mind wanting to clench around to what's going to happen. You know what's next. You know is he going to do this or are we going to do that you know we just don't know this is so such a disruption to regular order that you know the regular you know things don't apply. And so but I do trust the forward the ultimate forward movement.

**Jason:** [00:34:11] Yeah yeah.

**Jeff:** [00:34:12] I really do. Yeah.

**Jason:** [00:34:15] That definitely puts me at ease. Yeah it's interesting too because he also strikes me. It almost feels like the you know the metaphor that comes up is like a fever breaking to me it's like a lot is rushing to the surface with him in power right now cause I even think about you know we talk about the attention economy and just this continual flood of information we're in now. I mean he's the best fucking thing to happen to the news. Probably

**Jason:** [00:34:44] ever every day there's a little soundbite.

**Jeff:** [00:34:48] It's a new Episode every day. It's yeah it's a new episode of the Trump show every day.

**Jason:** [00:34:51] He was built for you know this whole system that has been emerging over the last 10-15 years of cable news in sound bites and people arguing and does continual mishaps like-

**Jason:** [00:35:03] It's on every station too. It's easy to you know, you don't have to look for it the Trump show is on every station all the time.

**Jeff:** [00:35:14] That's evolution. People were moving forward yeah I guess you see that was not what is a hard sell. Yeah I'll grant you that.

**Jason:** [00:35:24] That's true.

[00:35:25] That is evolution even though systems and you know it seemed to be like it doesn't strike me that the moment this fever breaking is breaking of him that finally all this shit it Fox News is like happening right now. Bill O'Reilly being fired, Roger Ailes, him dying even, like something is like, like something is finally moving.

**Jeff:** [00:35:46] You know baby Sean Hannity might be on his way out.

**Jason:** [00:35:51] Wow.

**Jeff:** [00:35:52] You know it's ah, Yeah. So yeah. No it's true. I mean that's. And that's even if we look at you know reality in the lower left quadrant the collective interior the culture of all of our norms of thinking all the all of these calcified ways that we thought particularly of politics where you know this doctrinaire left fighting this doctrinaire right.

[00:36:21] That's I hope you know, you know that no legislation is going through.

[00:36:28] They're talking about there may not be any legislation go through for the next year. That's untenable. And that and that's with every you know the house. All three branches of government being public you know including the Supreme Court, incidentally know in terms terms of five and four but.

[00:36:47] So that is astonishing and that's untenable. So there's somebody who comes along then and it and we don't know who that is. And the Lord works in mysterious ways and you know all I want to say is whether we get our get our fucking sane billionaire.

**Jason:** [00:37:09] Totally.

[00:37:09] Ross Perot and Donald Trump these are the two billionaires we get, I mean Bill Gates, Michael Bloomberg.

[00:37:20] You know where are you guys. But we'll see. Somebody like the Oprah you know. Eckhart Tolle No I'm just kidding.

**Jason:** [00:37:28] Yeah. Well it seems like I mean this obviously isn't true for all of them. Bloomberg obviously did politics but a lot of the other people you know the richest people they don't go into politics it seems like they go more the global route starting some kind of initiative that's non-governmental that actually includes - transcends and includes government work because then they can work with the U.S. they can work with all these different agencies. But yeah it does strike me that like who's going to come. That is something I'm excited about because I feel like my fantasy is it's going to be one of those it's it just going to be one of those moments where it's like wow this is the person because they're probably going to be integral in a way that no one else even probably more than Obama has ever been. And it will be just a night and day different way of being in the world that I feel like will just be at least to those of us that know what we're looking for I think like 100 percent obvious just like the second they start talking about different. Yeah.

**Jeff:** [00:38:23] Yeah.

**Jeff:** [00:38:24] I think that's true. That was true for me with Obama.

**Jason:** [00:38:27] That's true. Yeah I mean exactly, came out of nowhere.

**Jeff:** [00:38:28] Like a dog whistle. You know I mean that first speech at the Republican or the Democratic Convention four years before he was nominated the no red and blue America. I mean that was literally bodily thrilling to me.

**Jason:** [00:38:43] Totally.

**Jeff:** [00:38:43] You know I mean I realize that we sort of feel our way and fuck up our way forward. You know that is the nature of forward movement. If you look at human history and and even the you know evolution in nature it's not pretty but it is beautiful you know. But it is not pretty. And this Trump thing is particularly you know God threw us a real curveball with this. So you know one of the things that I remind myself of it I think it's worth sharing is be aware that this is history happening in real time day by day. And this is something that people will study and talk about for a long time.

[00:39:36] And we're watching it unfold. The Trump show unfold season 1 episode 104 I think today.

**Jason:** [00:39:43] Oh my God.

**Jeff:** [00:39:43] Or whatever it is no 104 but hundred twenty nine or something. Jesus.

[00:39:50] So anyway.

[00:39:54] Deep breath everybody.

**Jason:** [00:39:56] Yeah it is nothing if not fascinating. That's for sure.

**Jeff:** [00:40:00] That's right.

**Jason:** [00:40:02] And in probably in a way that even up until now it's just it's it actually feels like it highlights all the elements of integral in a way that it's just so visible right now. It's just so visible what's happening and what it stands for and the different values and cultures that are colliding which kind of leads me into what I love to kind of end our talk with and that's just that I think it's been moved to Boulder in 2006 to work for Ken and that's where the year I met you and the scene was kind of flourishing at that time. And it's just one of those questions that has been on my mind lately of like how has our integral movement or philosophy itself changed.

[00:40:47] And it's something you've been, like so deeply in the scene even longer than I - I was just curious what comes up for you when you think about like even now and then like it. Our understanding is change and we've been humbled did we get, did we get more right than we got wrong or what's your kind of feeling of that.

**Jeff:** [00:41:04] Well that's what a interesting question. Well first of all I would just note that you know 15 years ago for sure there was no integral scene at all. There was Ken's Rolodex and Don Beck had his spiral dynamics thing. But there was no integral community or movement really much

at all. And so from that perspective it's astonishing that we have you know a world certainly virtually thank God for the Internet. You know I wear needles in the haystack can find each other all over the world and have and so you know there's a robust integral community that is happening and it's full of people who like me and maybe you are waist deep to neck deep in green and orange and all of the first tier memes and depends on the day. But so we're sort of fighting amongst ourselves and that's I think all right on schedule. I think people get, think that you know they get bummed out about it or that the integral community is disappointing in some way. And I think it is actually in the sense that it's hard to find a real or a community of of really practicing integral lists who are doing in real space. You know even in Boulder you know there's stuff going on at the Integral Center but there's a lot of green but that's all that's all part of the deal you know. And I think that we're just currently. You know one of the teachings that Ken has has is given that I think is really useful.

[00:43:11] This is a fairly new thing from him that at least the way he said it and that is that thoughts are things that the thoughts we think actually lay down new grooves in the cosmos. And so the arguments that we have.

[00:43:30] Are very fruitful in the sense that you know it's like modernity. They argued for 300 years before anything happened. And they got you know burned at the stake. You know we get sort of pilloried certain ways but it's enough.

[00:43:53] To be thinking new in new ways actually seeing the world in new ways and some of the ways that you and I are talking about which you know are fleeting. You realize this evolution is you get insights and then you forget about them and then this is where it's so important to have the we-space where we could actually talk about it and these conversations are also laid down new grooves in the cosmos. So how you treat your kids and how you are at work and how you are when you shop at the grocery store are all ways that you can shine a new light on the situation. I mean there's an opportunity for practice in all of those in every circumstance every moment. And again we go back to that that sort of theory about [00:44:44] every micro moment has an opportunity for creativity. [3.5] And that's you know you could look at it more you know every moment every minute every hour every day has an opportunity for a new creativity and you know we get to watch. This is where the mindfulness in riding the emerging present you know this fourth dimension really feeling it and bringing in online and your life. We get to you know it's like a windshield wiper we just you know what's gone is gone and here we are you know. Here we are. And that's that's all good practice and I think that we're just sorting that out.

**Jason:** [00:45:24] Yeah.

**Jeff:** [00:45:24] You know and I.

[00:45:30] So yeah that's where I you know I go to Facebook and see some of these arguments and stuff and it's like you know go for it. You know I think people are wrong. People get it wrong. I get it wrong. You know Ken gets it wrong but we get it enough right that apparently God wants us to fight and fuck our way forward.

[00:45:57] Thank God for you know both sides of that polarity - love and fight our way forward.

[00:46:02] Let's put it the nicer way. Yeah. So that's that's you know I think if we become friendly with that then we don't think that this shouldn't be happening so much. You know.

**Jason:** [00:46:15] That's huge.

**Jeff:** [00:46:16] You know regarding everything from Trump to integral to you know that it's too hot in here.

**Jason:** [00:46:22] Yeah. I love that. That's sage wisdom for everything.

**Jeff:** [00:46:30] It really is yeah. That's.

[00:46:32] And then that doesn't mean that one becomes passive I mean, it actually in a way it gives us because we're not so clenched because we're not putting so much energy into this shouldn't be happening it's awful that it is I can't stand it somebody needs to be blamed. Somebody needs to be condemned. That's a lot of energy.

**Jason:** [00:46:52] Totally.

**Jeff:** [00:46:53] A lot of fucking energy around that shit, we we release that and we could actually get into the game in a way that's helpful.

**Jason:** [00:47:03] Yes.

**Jeff:** [00:47:03] And not just being a you know nuisance or you know just you know causing a lot consternation, there's an opportunity there.

[00:47:15] I think that too is coming online. We're figuring that out.

**Jason:** [00:47:19] I love that. Yeah I mean it even reminds me what we we're talking about in terms of the circling work and the acknowledging people where they're at. I mean another lens of that is actually the moment of like well this is actually what is right now. And once I fully relax into that and accept that then there's some choice around OK now what next, what next.

[00:47:38] But actually based on what's actually happening and not what I want to be happening or I wish to be happening, all that.

**Jeff:** [00:47:44] Should be happening.

**Jason:** [00:47:46] All that energetic resistance.

[00:47:47] Yeah it strikes me that a very visceral form of that myself and a lot of people these days are practicing is that the cold water therapy culture.

[00:47:57] Like my experience of taking a cold shower is that every time of like oh my god it's so cold why.

[00:48:04] But the minute it's just like shifting to like oh it's cold. Here's the data. Like there's so much energy gets released and then it's totally tolerable.

[00:48:13] But I have to go through the time.

**Jeff:** [00:48:15] Yeah. I've done it too.

[00:48:19] I don't do it as a regular practice so you're doing this as a regular practice it really is an amazing energetic shift.

**Jason:** [00:48:26] Yeah.

**Jeff:** [00:48:27] That's part of what we're talking about for is taking cold showers. No no hot water. And it is there's a whole movement but there's a whole community on reddit around cold showers. Have you see it?

**Jason:** [00:48:41] Yeah and the ice man when Hoff and all the crazy stuff. But really OK so there's oh yeah he's mindblowing if you haven't read about him. You should check him out.

**Jeff:** [00:48:49] I have this stupid control on my shower that won't let it get all the way cold.

**Jason:** [00:48:57] Oh really.

**Jeff:** [00:48:58] Though I have a little guest house and that has a cold shower over there and I could easily do it but. So anyway it's cool that you're doing it. That makes me rethink it because I thought it was really powerful when I did it.

**Jason:** [00:49:11] Yeah. You know at its essence it just from that came up because it's to me at practice of being getting comfortable with discomfort which in essence is just being OK with what is.

**Jeff:** [00:49:23] Yes.

**Jason:** [00:49:24] Like becoming just just like it's that Zen boringness in some ways of just oh this is what is instead of spending all that energy which I still do everyday.

**Jeff:** [00:49:35] I know I'm not actually very good at that anyways. Personally, but at least I would say I've been unconscious incompetence to conscious incompetence.

[00:49:47] That's great progress that I'm going to celebrate it.

**Jason:** [00:49:50] That about where I am too. Well I feel like that's a good place to wrap up. I just want to thank you so much for your time and for your wisdom over these years. You were a big part of how much the scene has impacted me and all I do feel like integral is true because it actually gets more useful the older I get, that's one thing I noticed. Is it's becoming more useful. The longer I go in life and something seems pretty magical about that.

**Jeff:** [00:50:15] Yeah I think that's a that's a proof of the pudding there. Yeah me too. Yeah thanks so much Jason and thanks folks for listening.

**Jason:** [00:50:23] Awesome. Until next time Jeff.

**Jeff:** [00:50:24] Thanks. Take care.