

Luisah Tiesh ([00:00:13](#)):

Real gratitude don't come from what you got materially.

Jay Harmon ([00:00:19](#)):

Everything is a gift.

Merlin Sheldrake ([00:00:21](#)):

I'm alive. I have a loving wife, two great kids. I live in a house with a roof that doesn't leak. All these things are things for which I feel grateful.

Norman Lear ([00:00:49](#)):

We're on two journeys, right? A horizontal journey, a we're on a vertical journey. The horizontal journey is, I've studied this, I'm studying that, I'm learning more as life goes on. The vertical journey is into oneself and into the meaning of being. That is the (laughs) longer, I find, and perhaps more rewarding journey.

Louie Schwartzberg ([00:01:17](#)):

I love making tea with lemon. It reminds me of my mom and dad. They were both Holocaust survivors. My mom actually survived six years in Auschwitz, which was pretty remarkable. They came to America journeying across the Atlantic where I was conceived and born in Brooklyn, and growing up in their home, I learned a lot about gratitude. They appreciated all the little things in life, the blessings that came their way, most of all, the miracle of being able to have children.

Louie Schwartzberg ([00:01:57](#)):

I've spent the last 40 years filming. I'm always looking for people who've overcome adversity, yet still have a lot of hope, optimism and resilience in their lives. Those are the stories I love to tell.

Brother David Steindl-Rast ([00:02:21](#)):

I grew up during the war years in Austria. That was a time when we were very poor. In fact, there were days when we thought we'd starve to death and when you have very little, you are very grateful for what little you do have. You think this is just another day in your life. It's not just another day. It's the one day that is given to you today. It's given to you. It's a gift. It's the only gift that you have right now and the only appropriate response is gratefulness.

Brother David Steindl-Rast ([00:03:14](#)):

The main virtue that I would see in grateful living is trust in life. Begin by opening your eyes and be surprised that you have eyes you can open. The incredible array of colors that is constantly offered to us for pure enjoyment. Look at the sky. We so rarely look at the sky. We so rarely note how different it is from moment to moment with clouds coming and going. We just think of the weather, and even with the weather, we don't think of all the many nuances of weather. We just think of good weather and bad weather. This day right now is unique weather, maybe a kind that

will never exactly in that form come again. That formation of clouds in the sky will never be the same that is right now. Open your eyes. Look at that. We are all born with openness for mystery.

Chris Anderson ([00:04:34](#)):

What is curiosity? Well, curiosity starts really, really young, almost our first conscious experiences. As soon as we can see that there is a world, we start asking questions about it.

Dylan Santana ([00:04:45](#)):

Questions in your head, imagination. If you don't have imagination, you can't have curiosity because you need to think and say, "Hey, what is this? What is that?"

Chris Anderson ([00:04:56](#)):

It's really the gateway to knowledge. An idea is such a complicated thing. It can only happen if a certain door is open and a question asked. Those questions fire that exciter mind and open it up and make it desire the incoming pieces that put an idea, an answer to that question together. Kids are animated by curiosity.

Danielle de Niese ([00:05:23](#)):

I was starting to take song and dance classes when I was, like, five and six.

Francis Dellenbach ([00:05:26](#)):

when I was a little boy learning watch making.

Gary Corb ([00:05:28](#)):

When I was a kid, I went to the Haunted Mansion at Disneyland and I thought, that's really neat, I want to do that.

Kenwood Gassens ([00:05:33](#)):

I've always been interested in aviation and airplanes. I got started as a kid building models. The big ones like these are not too much different than a model, just bigger and stronger.

Speaker 10 ([00:05:45](#)):

When I was a kid, my grandpa used to take me to the hardware store to buy dynamite when we got bored and got blow rocks up out on the farm.

Dan Klennert ([00:05:53](#)):

I'm a 50 year old kid at heart and I usually go to schools and I took this toy box with me. Here's a Ditch Witch digging [inaudible 00:06:04], a stove leg and that thing and you put it on there and got an elephant. See the elephant? Clawfoot bathtub leg and that stove part, you stick 'em together, you've got a camel. See his mouth? I like kids anywhere from fifth grade and down 'cause they got imagination.

Sara Flagg ([00:06:28](#)):

Living on Matinicus is really fun because there's so many beaches to play on and there is a lot of coast you can find sea glass on.

June Katz ([00:06:38](#)):

These kids have imaginations and if you want to develop an imagination, I mean, here is the [inaudible 00:06:44].

Hannah Beecher ([00:06:44](#)):

That's so much to do out here and there's so much to explore.

Hannah Beecher ([00:06:49](#)):

When I watch TV, it's just some shows that you just, that are pretend and, and when you explore, you get more imagination than you already had and, um, when you get more imagination, it makes you wanna go deeper in so you can get more and see beautiful things, like, it cou- the path, if it's a path, it could lea- could lead you to a beach or something and it could be beautiful.

Paul Hawken ([00:07:25](#)):

When you immerse a child into the living world, the perception and the interaction with that changes their brain, changes their mind, and these minds are the most innovative minds there could be because innovation comes from connecting things in novel ways.

June Katz ([00:07:48](#)):

I think lobstering and teaching actually go together pretty well. Both things, you've got to persevere, you can't give up. Not catching lobsters? You better try another way. Better set your traps a little differently, better rig 'em a little different, better use a little different bait. Same things with kids. They're not learning, rig up your lessons a little different way, you know? (laughs). Put a little different bait in there. You can eventually catch the lobsters and you can eventually, uh, teach the kids, too.

Chris Anderson ([00:08:12](#)):

So, when we talk to speakers about how to give a great talk, one that will really land with people, one of the key things we say to them is what you are doing is bringing an audience on a journey. You're trying to convey an idea that's in your mind into their minds. You can't do that in a leap. You have to bring them along a journey one step at a time and gradually build that idea up. Now, you can't bring people on a journey unless they want to come on the journey. And so (laughs), the way you make them want to come on the journey is to make them curious, that's often the best way to start a talk, as if you're taking them through a detective story. Unpick the clues one by one, and that way, this complex thing that informs you and your worldview has been transferred into thousands of minds. That really is a miracle. A rich life of learning has been a luxury that most people haven't had a chance to have. I believe that's changing. It's really quite extraordinary. It's gonna be a unique time in history

where, in principle, anyone on the planet can learn curiosity. It could open the door to a very beautiful future and a flourishing of human creativity, knowledge and empathy.

Brian Grazer ([00:09:21](#)):

What I've done for 35 years is I've gone out as a discipline to meet a new person every two weeks that's expert in some other subject other than mine.

Louie Schwartzberg ([00:09:31](#)):

But here's something about curiosity, sometimes people go, "Why are you asking me that question?" Because you're challenging authority.

Brian Grazer ([00:09:37](#)):

There's absolute disruption involved, because I'm not gonna ask you, Louie, generic questions.

Louie Schwartzberg ([00:09:43](#)):

Yeah.

Brian Grazer ([00:09:44](#)):

You're gonna get bored that fast. So, I have to ask questions that are gonna make them think and challenge their existence and that creates, for me, inspiration. I want to actualize the inspiration that I felt from that conversation.

Chris Anderson ([00:09:58](#)):

Probably the single thing I'm most curious about is who we are. How is it that we feel that? How is it that we ask questions, and why all this matters? And as those questions are answered, you feel up with a sense of wonder. Wonder is the gradual satisfaction of curiosity in a beautiful and surprising way.

Louie Schwartzberg ([00:10:20](#)):

But I think if you asked Einstein his definition of God, he said it was a sense of wonder. If you don't feel that, your eyes are closed, you might as well be dead.

Deepak Chopra ([00:10:27](#)):

It's a sense of wonder, delight, humility and loss of hubris and actually confusion. Bewilderment is the holiest of holy experiences. You lose your hubris and this becomes sacred in every moment. That's gratitude.

Louie Schwartzberg ([00:10:48](#)):

We are all born with a sense of wonder. Sometimes it's triggered by astonishing feats, monuments to mankind's capabilities, extraordinary talents and gifts, or scientific discoveries that push the boundaries of comprehension. Wonder and awe allow us to transcend the ordinary, even to test our concepts of time and scale. We

are, as they say, in the moment. Wonder inspires us to open our hearts and our minds to engender gratitude.

Jason Silva ([00:11:47](#)):

These experiences of wonder and awe are deeply meaningful. They are experiences worn in the human heart, experiences of conscious beings how can contemplate themselves as thinkers who exist in a universe that's much bigger than them. I mean, these experiences reveal to us the depths and textures of what makes us, us.

Jack Kornfield ([00:12:10](#)):

How did we get in here with wiggly things at the end and a hole at the top part which we regularly stuff with dead plants and animals and grind them up with these bones hanging down and glub them through the tube, where we have these weird looking protuberances, mine stick out pretty far, and I can huff the atmosphere through my lungs and change my vocal cord and mouth shape and say Eiffel Tower and you can picture the Eiffel Tower? No one can explain that. How did you get in there?

Jason Silva ([00:12:47](#)):

These experiences are ways to step off the people mover that's carrying everyone else towards death, and that mystical revelation leaves no room for anything else. When we step out of time, we transcend our finitude and we become infinite.

Brother David Steindl-Rast ([00:13:09](#)):

All people want to be happy and joyful. I make a difference between happiness and joy. Joy is the happiness that doesn't depend on what happens. So, that's what we really want. We want a lasting happiness.

Christine Carter ([00:13:23](#)):

In defining happiness, I like to skirt that definition a little bit. I use the word happiness as a handle. We might be talking about happiness, but really, we're talking about the physiological experience of an emotion that feels like happiness. We've spent an awful lot of time as a society looking at dysfunction and disorder. I've instead looked at the positive things, positive emotions and grit and resiliency and really with an eye towards what, in this, can we control? How is happiness a skill that we can practice.

Stephan Baird ([00:14:09](#)):

I was studying chemical engineering at Northeastern University and I got more and more disenchanted with the corporate structure. I hit the streets with my guitar during the summer of 1971 and I essentially never left the streets. Art and self expression are basic human need. I've performed at all the major colleges and I go on campus specifically to say, you can quit chemical engineering (laughs), you can leave this if this is not what you want to do.

Christine Carter ([00:14:38](#)):

Culturally, we're interested in happiness, we think of it as the end all, be all, the reason that we're here, but we pursue pleasure and gratification, and that just leaves us wanting more.

Mark Glyptis ([00:14:51](#)):

Some folks are looking for that pot of gold. You know, I found that pot of gold, and that doesn't mean money, folks, it means more than money. It means a way of life. It means a rhythm of life.

John Harrigan ([00:15:00](#)):

Hi, I'm John Harrigan. I'm here at my newspaper office in Colebrook, New Hampshire. About 15, 20 years ago, I had an offer of a really nice job at The Boston Globe, and I came this way.

Barber ([00:15:10](#)):

I went to a barber school in New Orleans, but my plan was always to come back to a small town. In this small community, we speak French, you know, and there's a, a sense of [inaudible 00:15:22] and I think to the French, it just means taking each day and really living each day according to, uh, your own desire, the way you want to live it.

Jack Kornfield ([00:15:31](#)):

One of the things we've lost in the modern world with its speed and complexity is the sense of belonging and the sense of connection. We all know it, we long for it, we want it, we do all these things to try to get it.

Christine Carter ([00:15:45](#)):

A huge obstacle to happiness is our business. We believe that business is a sign of success and significance and importance. We see business as a mark of character.

Chris Anderson ([00:15:58](#)):

So much of people's lives feel like you're stuck in a groove and it's a routine and you have to do a certain thing to survive, to make money and there's no time. I was an entrepreneur, I was incredibly busy, thought I was doing awfully well, and then the company hit an absolute roadblock. The NASDAQ crashed. In a few months, I switched from being rockstar entrepreneur to utter loser, and I felt plunged into a personal trauma.

Christine Carter ([00:16:23](#)):

Business and the overwhelm that comes from that looks more like what researchers call cognitive overload and cognitive overload makes it really hard for us to think clearly, to plan, to organize and it affects us emotionally. We react instead of respond.

Chris Anderson ([00:16:41](#)):

What saved me was immersing myself in reading again and remembering how amazing it was to learn.

Christine Carter ([00:16:47](#)):

We have all these wonderful technologies that lead to great ease and great power, but that also are very effective at helping us numb how it is we're really feeling. We will pull out the computer that is in our pockets and that numbs the anxiety that we don't have anything going on and that we're not being productive. But it also numbs the positive emotions, too, love and compassion and awe and astonishment and engagement and inspiration. And so, if we're not letting ourselves feel anger or guilt, then we never really feel profound happiness or great gratitude.

Rupert Sheldrake ([00:17:32](#)):

Scientific experiments have actually shown that people who cultivate gratitude do actually become happier. There has now been a whole series of studies that show that people who pray or meditate regularly live longer and are healthier. So, gratefulness does have a stamp of scientific approval now. It's good for you.

Christine Carter ([00:17:50](#)):

I see gratitude as a route to a happy life.

Paul Hawken ([00:17:57](#)):

It's about how to become a better human being, a better human being.

Christine Carter ([00:18:02](#)):

Gratitude is a skill that we can practice in order to not just cope with life's difficulties, but to really embrace those difficulties and then let the positive emotions emerge from within those.

Norman Lear ([00:18:20](#)):

We probably wouldn't be doing this interview if I wasn't a television person with some reputation that's kind of public knowledge and so forth. But that camera wants to be pointed at every person I've ever met.

Little Milton ([00:18:35](#)):

I'm Little Milton, and we are in a little country town called Waterproof, Louisiana. You know, so many people ask me why I still play at little clubs like this in little cities. One of the reasons is I've never wanted to lose my identify with just regular down to earth people. The people are the stars.

Little Milton ([00:18:58](#)):

(singing)

Norman Lear ([00:19:17](#)):

We all have a story to tell and we all have the capacity to light up a moment for the next person, and we do it. It's just simply not recorded.

Speaker 18 ([00:19:30](#)):

Love is the drug.

Speaker 19 ([00:19:31](#)):

I was wearing leathers, she was walking up the hall, I was walking down the other way. We passed, we walked backwards looking at each other and it was downhill ever since.

Ildebrando D'Arcangelo ([00:19:41](#)):

She's so beautiful and-

Danielle de Niese ([00:19:43](#)):

Stop (laughs).

Ildebrando D'Arcangelo ([00:19:47](#)):

... intelligent, musical and, uh, great actor.

Danielle de Niese ([00:19:49](#)):

That's why we're family now, he just gives me compliments (laughs).

Ildebrando D'Arcangelo ([00:19:49](#)):

(laughs)

Salsa Dancer ([00:19:53](#)):

Now I'm gonna demonstrate with my wife. Okay. Always smile a little bit, look, look for her. But you can look around, that's not a problem, but then have connection with her, okay? So, now it's easier for her to understand what you're trying to do, all right? Remember, we're, like, the picture, you know? We're the frame, she's the picture, you know? A picture without frame, it doesn't look the same.

Jason Silva ([00:20:18](#)):

When I think about connection, I think about intersubjectivity. I think about the human capacity to pierce beyond the veil of individuation and to enter the holy other, to blast new tunnels between the mind and the other. We resist, we refuse to live alone inside of our own minds. Instead, we crave and intersubjective ecstasy. We crave a crossing over. We create cinema that allows us to experience a deictic shift to enter the subjectivity, the interiority of another person. That's why cinema is an engine of empathy because it allows you to enter that something else, that someone else, that somewhere else, to pierce the veil that separates us from one another, to enter a kind of-



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Jason Silva ([00:21:00](#)):

To pierce the veil that separates us from one another, to enter a kind of technologically mediated Buddhism, to create an Internet that links together billions of minds transcending time, space, and distance, collapsing geography. All becomes one. What is within becomes without. This is kind of wonderful, right?

Jason Silva ([00:21:19](#)):

When I think about connections, I think about understanding, which as Carl Sagan says, is a kind of ecstasy, so that with comprehension comes meaning, comes signification. That's what I think about when I think about connection.

Kermit Ruffins ([00:21:36](#)):

It's lunchtime. Gonna cook some good old hot sausage. Nothing like having some good veggies with the hot sausage. I'm gonna cook up some hamburgers. I'm gonna broil some turkey necks real spicy. And all my friends and neighbors are gonna come hang out and party New Orleans style.

Charlie ([00:21:52](#)):

[inaudible 00:21:52].

Kermit Ruffins ([00:21:54](#)):

[inaudible 00:21:54] hot sausage.

Charlie ([00:21:55](#)):

You got some rabbit?

Kermit Ruffins ([00:21:56](#)):

I ain't pulling rabbit out this time, Charlie. I ain't pulling deer out neither.

Charlie ([00:22:00](#)):

[inaudible 00:22:00].

Kermit Ruffins ([00:22:00](#)):

I went straight with the hot sausage and the hamburgers and them, um, and then potatoes. And I'm about to broil some turkey necks.

Charlie ([00:22:06](#)):

Okay.

Kermit Ruffins ([00:22:07](#)):

I got to put them turkey necks on.

Charlie ([00:22:09](#)):

Okay [inaudible 00:22:09].

Kermit Ruffins ([00:22:09](#)):

(laughs) Charlie [inaudible 00:22:13]. I just love this neighborhood.

Charlie ([00:22:16](#)):

[inaudible 00:22:16] some sound back there.

Speaker 27 ([00:22:22](#)):

The French Quarter, they call that turkey a la king. We just call it broiled turkey necks. You know, uh, [inaudible 00:22:28] broiled turkey necks, and you can cut up all kind of bell pepper, garlic, lots of garlic.

Speaker 27 ([00:22:34](#)):

Got whole garlic.

Speaker 27 ([00:22:34](#)):

The garlic keeps the evil out the neighborhood and keep everybody with love and happiness.

Rick Bayless ([00:22:54](#)):

One of the great things about being a restaurant chef right now is that when we see people come into our restaurant and sit down, it's sort of the last vestige of where people put their phones away and look each other in the eye and actually have face to face conversations.

Rick Bayless ([00:23:16](#)):

And then that is all animated by really delicious food, which we hope will stop you in your tracks at some point in the meal, so that you appreciate the stuff that's right in front of you. That's another thing that I'm grateful for every day, is that my job is to bring people together and make them happy.

Christine Carter ([00:23:37](#)):

A person's happiness is best predicted by the breadth and the depth of their connections to the people around them, their social ties.

Marc Savoy ([00:23:51](#)):

My name is Marc Savoy, and I'm a reincarnated Neanderthal that's been sent back to play Cajun music for the world.

Marc Savoy ([00:23:58](#)):

You know, you start off with a big bowl of hot water. And if you just try to taste that, it doesn't taste very well. But if you add a few notes and a few spices here and there,

and a few embellishments, before long, you've got a gumbo or a two-step, and that's pretty much what it's all about.

Speaker 31 ([00:24:10](#)):

That's it. It's gonna be ready.

Speaker 32 ([00:24:10](#)):

Woo-hoo! Ah, yeah.

Brother David Steindl-Rast ([00:24:23](#)):

Look at the faces of people whom you meet. Each one has an incredible story behind their face, a story that you could never fully fathom, not only their own story, but the story of their ancestors.

Brother David Steindl-Rast ([00:24:48](#)):

We all go back so far, and in this present moment on this day, all the people you meet, all that life from generations and from so many places all over the world, flows together and meets you here like a life giving water, if you only open your heart and drink.

Norman Lear ([00:25:16](#)):

I understand that a moment parking my car and having an exchange with the valet that made him smile gave me a good feeling. There are times when I remember to think, "That was good." If I have any purpose, it would be to help people understand how much they matter in the course of their days.

Luisah Teish ([00:25:35](#)):

If there is an accident or a murder somewhere, people who are unrelated to the person who was hurt come lay flowers. And so that sense of community is coming back. We are slowly coming to realize we are all human and getting more in touch with our kinship.

Speaker 35 ([00:26:00](#)):

I've been to church, uh, occasionally, and I've been to the, uh, uh, sermons that, uh, Cecil Williams have had. He teaches, uh, the power of love.

Cecil Williams ([00:26:09](#)):

Many of you come to God because you feel some human connection. Many of you come to God because you are looking to be reunited. Many of you come to God because you want some spirit. You want to be lifted up. You want to cry. You want to moan. You want to shout. You want to raise your hands. You want to clap your hands. That's why we come together.

Congregation ([00:26:29](#)):

(singing)

Cecil Williams ([00:26:29](#)):

When I first came here, I decided I wanted a church that was inclusive. We were not even concerned about ideologies for a while. We were more concerned that we could find a better home and a better place and a better community for all people.

Janice Mirikitani ([00:27:05](#)):

We started a meal program here just from a corps of volunteers, a program that feeds a million and a half meals a year.

Speaker 37 ([00:27:14](#)):

I like the food, especially the chicken on Thursday. Yeah.

Speaker 38 ([00:27:18](#)):

I'm on a pension myself, because I'm a retiree. And towards the end of the month, you know, like, it, it really helps out.

Janice Mirikitani ([00:27:25](#)):

When I met Cecil, he was out in the streets bringing in the people who were lying down drunk, totally strung out. He was daring the church to come down off of its piety and say, "Here is a feasting table. Sit. Come. You are all welcome."

Congregation ([00:27:43](#)):

(singing)

Cecil Williams ([00:27:52](#)):

We should stop trying to get folks to go to heaven or hell and get folks to live with each other here on the Earth right now.

Billie Riess ([00:28:01](#)):

I think it feels better to do a generous act than to receive a generous act. It means a lot to me when I see someone smile or say, "Thank you," because you know that you accomplished something good. And there is such thing as karma, and karma comes back to you.

Lynne Twist ([00:28:17](#)):

Generosity and gratitude are linked. When we're naturally generous, we're naturally grateful, because gratefulness is the experience of the great fullness of our lives, the great fullness of the gifts and talents we have, the great fullness of the blessing that it is to be alive, the great fullness to be able to see, to be able to speak, to be able to breathe.

Lynne Twist ([00:28:39](#)):

When true generosity is being expressed, it comes from gratefulness. It comes from enoughness. It comes from what I call sufficiency. Not only does it nourish other people, it nourishes you to be generous.

Lynne Twist ([00:28:52](#)):

We live in a more is more kind of a culture, where we're looking for more likes on Instagram and more friends on Facebook and more prestigious jobs. And we certainly take more work in hopes that we'll earn more money so that we can buy more stuff. More is not necessarily better.

Lynne Twist ([00:29:10](#)):

We have so much, we can't catch up with being grateful for it. We are sort of overwhelmed by it all.

Christine Carter([00:29:16](#)):

Gratitude is an interesting thing, because it arises naturally in conditions of scarcity.

Brother David ([00:29:22](#)):

What we really want is not quantity, it's quality. We live on a limited planet. There is no room for unlimited growth. That's just crazy. Uh, but we haven't learned that yet.

Lynne Twist ([00:29:38](#)):

How the universe has already provided us exactly what we need. I don't mean that there aren't people who don't have jobs. I don't mean that there aren't people who don't have food and water. I worked on hunger and poverty. I've held dying babies in my arms. I know that. I'm not talking about that. I'm talking about this mania for more.

Luisah Teish ([00:29:55](#)):

I think that as children on this planet, we have a lot to be grateful for. I just wish that we had enough gratitude to overcome greed and selfishness.

Lynne Twist ([00:30:13](#)):

When you're in touch with enough, it overflows into natural abundance, not excess, not waste, but natural abundance, out of which generosity is a normal flowing way of being, because you feel totally interconnected to everyone else.

Lynne Twist ([00:30:34](#)):

I think it's the source of longevity. It's the source of wellbeing, the source of health, because when you're in touch with generosity, you're in the eternal. Every time we tap into the eternal, to the sacred, it's timeless. Time actually stops.

Lynne Twist ([00:30:53](#)):

Don't insult creation with your human arrogance. Be grateful for the miracle that is your life. That's the source of generosity, of prosperity, of gratitude, and of fulfillment. It's one of those places where we express love, and there's nothing quite like love, because that's what it's all about.

Mosie Burks ([00:31:40](#)):

(singing) My name is Mosie Burks (laughs) and I'm a child of the king. That's who I am. My mom passed away at the age of 40, and I inherited six children. The youngest was four years old.

Mosie Burks ([00:31:54](#)):

And I would cook the last meal at night and go to bed and say my prayers. And the next morning before daylight, somebody would be knocking on the door and say, "Mosie, here's some chicken, or here's some bread." And I would just praise the Lord for that.

Mosie Burks ([00:32:07](#)):

And as they grew up, and they married off in my yard, and now I receive happy cards. I have mementos in my house that I get each time, because I'm their mom. My mom was a great mom. I became a great mother. I am a great mother.

Luisah Teish ([00:32:26](#)):

Women do tend to be more tuned into universal energies, because we are the ones who catch spirit and spin flesh around it in our wombs. That's a magical act.

Jack Kornfield ([00:32:51](#)):

People are worried when they have the first child. Oh, will they develop? Will they grow up all right? You know, I think first children are made to be quite robust to withstand first time parents.

Buzzy Kerbox ([00:33:03](#)):

Surfing with my kids is really exciting. I was a father kind of late in life, so I've, I've really enjoyed having my kids. I spend a lot of time with them, and I love taking 'em out surfing and turning 'em onto the things that I love to do.

George Woodard ([00:33:16](#)):

One of the great things about having a small farm is you get to see your child grow up. You don't send them to daycare and that kind of thing. You know, I have my son half the time, every other week.

George Woodard ([00:33:29](#)):

He's here with me all day, and it's just delightful just watching him grow up here. And look how, look how he's over there with that cow. It's just a beautiful thing, just beautiful. There's nothing im- more important than, uh, watching your children grow up, learn new things every day. I just love it more than anything else.

Vazquez Brothers ([00:34:01](#)):

Family's everything, because we grew up without my father. So we used to always, uh, complain and everything, so my mom, she was like, "You don't have a father, but you have your brother. You have another brother. You have your, your sister. So you have a big family, you know." She really tell us how to be real brothers, how to help each other, you know, to feel that you have a family, you know. We have that.

Speaker 46 ([00:34:34](#)):

(singing)

Vazquez Brothers ([00:34:35](#)):

When I came here and I saw them dance, I was like, "Wow. I want to dance like them."

Vazquez Brothers ([00:34:42](#)):

Now he's our inspiration now.

Vazquez Brothers ([00:34:45](#)):

Inspiration. Yeah. He's been winning so many competitions.

Vazquez Brothers ([00:34:55](#)):

I would never compete against my brothers. I have a lot of respect for them, and I know I'm still learning every day.

Speaker 46 ([00:35:10](#)):

(singing)

Patty Wagstaff ([00:35:11](#)):

Being a three time US National Aerobatic Champion, I had to learn to focus. I had to learn to be one with the airplane. I'm the first woman to win the nationals and the only woman to have won it more than once. I'm very proud of that, because it's very difficult to do.

Patty Wagstaff ([00:35:27](#)):

You have to have 100% concentrated focus, and that's one of the reasons that I really like what I do, is because it forces me to get rid of all the other sort of extraneous thoughts and all the mundane stuff that happens around you during the course of your life and get inside this tunnel and think of nothing else but flying the airplane. It really gives you a rush.

Louie Scchwartzberg ([00:36:01](#)):

When filming, I have to decide where to set my focus. Inside of every image, there's a large range of possibilities and choices regarding what F stop, lens, and distance I choose. But I can only pick one combination. Focus allows me to direct the eye to

move within an image to tell a story. This process of selection obscures everything else, which is a distraction. Our life's journey is about making choices and focusing on what is important, like the little things in life we often take for granted. Focusing on what you do have leaves little room in your heart for dwelling on what you don't have. This fuels the feeling of joy inside yourself and triggers another good feeling that broadens your perspective and brings the focus back to gratitude.

Michael Bennett ([00:37:44](#)):

It was the hardest thing in the world to hear my mother weeping in the background as the judge passed sentence upon me. On one fateful night, I decided to commit a armed robbery, which cost me six years of my life.

Michael Bennett ([00:37:58](#)):

While I was incarcerated, I continued to get my education, and I learned how to box. A lot of guys have been fighting since they've been little boys, where I had only been competing for a couple of years.

Speaker 51 ([00:38:10](#)):

Work a little bit harder.

Michael Bennett ([00:38:11](#)):

I was able to make up for my lack of experience. My heart carried me a whole lot of distance. I came out here and aimed for the Olympics.

Michael Bennett ([00:38:21](#)):

My name is Michael Bennett. I'm a US Olympic athlete. I'm, I represent us as a captain of the US Olympic Boxing Team.

Michael Bennett ([00:38:29](#)):

I set that goal for myself, and I grabbed it, and I put it in my pocket. I brought it home to my mother to show her like, "Look at the good job I did."

Ed Holt ([00:38:40](#)):

Every once in a while, you get this, uh, time in your life that's sealed, signed, and delivered, and it'll be there forever. And one of those times for me was when I was probably in third or fourth grade, and I asked my mom for money, and she had no money. And that broke my heart, and I never asked her again. And I went to work. I started working, and I never stopped.

Ed Holt ([00:39:02](#)):

This is, uh, three families here. They're husband and wife out, uh, making a living today. We pay 'em a good amount right now because the harvest is here. I wish I had grapes for 'em to pick every day. I'm very happy to have 'em on the ranch, and, uh, appreciate their hard work. They're good people.



Norman Lear ([00:39:20](#)):

I was a kid of the Depression, and my aunts and uncles, the most noble thing they could say of anyone was, "He's a good provider."

Steel Worker ([00:39:31](#)):

My father used to say, "Know what you're doing, then do what you know."

Ben Cohen ([00:39:37](#)):

Jerry and I, we were failing at most everything else we were trying, and we decided to go into business. And the only thing we liked doing was eating.

Ben Cohen ([00:39:48](#)):

I think we've got possibilities here.

Ben Cohen ([00:39:49](#)):

You have a great business when the goal of the business is to meet the need, is to create the product, not to make money. Y- You make money as a byproduct of meeting a need and doing a great job of it.

Ben Cohen ([00:40:06](#)):

What? Am I still dripping?

Speaker 55 ([00:40:12](#)):

There we go.

Ben Cohen ([00:40:12](#)):

You know, I'm a professional. I'm an executive, you know. It's important to keep your image up.

Oil Field Fireman ([00:40:16](#)):

My children did not follow me in my footsteps. First of all, they couldn't keep up, and second of all, there's a better way of making a living.

Oil Field Fireman ([00:40:24](#)):

When I first came to the oilfield in '49, I was working for a drilling contractor and, uh, we had a little explosion on a rig one time, and I burned my whole head a little bit. A few years later, I decided the best thing to do is be working for some company that put fires out instead of being on a rig where they started.

Speaker 57 ([00:40:44](#)):

(singing)

Alex Conley ([00:40:49](#)):

A handmade hat is much better than a mass produced hat, because it's like maintaining art. You see work from the great craftsmen who've created beautiful statues or erected beautiful buildings. I think hats are just my way of speaking to the world.

Ed Holt ([00:41:10](#)):

I love growing grapes. I'm pretty good at it, and I'm getting better every year. It's a matter of frustration. It's a matter of patience. You can't learn how to grow grapes in 25 or 30 years. I think it takes a lifetime.

Jack Kornfield ([00:41:23](#)):

Patience is really about trust. I see trust as like planting a seed. When you plant a seed in the garden, there are droughts that come. There are insects that come. So you have to tend the seed. But if you tend it, it wants to grow, and it will produce amazing things.

Jack Kornfield ([00:41:45](#)):

And if you want to teach children patience, have them plant a garden. Have them mark when the birds leave and when they come back in the season. Have them put the little lines on the wall, how tall they are, and then look a few weeks later and notice they've grown, so that you invite them into the mystery of the-

PART 2 OF 4 ENDS [00:42:04]

Jack Kornfield ([00:42:00](#)):

They've grown so that you invite them into the mystery of the natural unfolding. You hold their hand and say, "This world is trustworthy. This world wants you here, as a child. You are a child of the universe, a child of the spirit." So you choose your intention, you plant a beautiful seed, you direct yourself to a creative project, to a visionary way of living, to a community, a family, a part of the Earth, to something that is a gift that's given to you that you can give back.

Louie Schwartzberg ([00:42:34](#)):

It's funny, people think that it takes a lotta patience to shoot time lapse for, like, 40 years, but what it really takes is trust. Hoping that this flower bud will open up, in frame, in focus, won't die. And it teaches you, I think, a major lesson that, you know, if you let go, nature will provide.

Jack Kornfield ([00:42:59](#)):

Patience, or trust, is really waiting for the right season. Like surfing, you don't just get on your board and paddle, you wait for the right moment and wave. And when you quiet your mind and open your heart and look, it's not even a question of patience. It's a question of being home. And you're home exactly where you are, which is where you always are, in the reality of the present.

Jack Kornfield ([00:43:27](#)):

It doesn't mean that we don't weep. In some way, as we become trusting, patient, or grateful, even grateful for the difficulties, we also allow ourselves to be touched more fully by life, in that there is a sense not of patience, but of presence that grows. And as you quiet, how can you be anything but grateful? Grateful for the next breath. And someone who's sick knows that really well. Grateful to be able to walk and eat, grateful for the eyes that allow yourself to see the colors of the world.

Jack Kornfield ([00:44:08](#)):

Grateful for the life you've been given. And this awareness, this presence, it is who we really are. It is your birthright. You don't have to be grateful; you are gratitude, of the world expressing itself through you. You are the love of the world. Remember this as your true nature. Trust it. It is your home.

Minnie Yancey ([00:44:33](#)):

This is where I learned to listen. Most people pray, and they're doing the talkin'. When I weave, I must listen. And it quiets my head so I can hear myself. And I can know what separates the wheat from the chaff in my thoughts. And Albert does that in that field, plowing the field. He works in rows and I work in rows of fabric, weavin' back and forth just like he does.

Minnie Yancey ([00:45:06](#)):

He doesn't have a boss. Nobody tells him to go out there, 8:00 every morning, start his tractor and plow. He decides. That's 'cause of discipline. I've learned that.

Jack Kornfield ([00:45:23](#)):

The simple act of quieting the mind for a bit, just taking a breath, stopping, where you look around and say, "Wow, what really matters in this moment?" And if you take that pause and look, the inner wisdom comes. And this is one of the great gifts of mindfulness.

Louie Schwartzberg ([00:45:48](#)):

Mindfulness is being present, like film itself, sitting in a camera in total darkness, always ready for light to strike. Without preconceived notions and without judgment to any subject.

Louie Schwartzberg ([00:46:12](#)):

Observation is the key to learning. We need to nourish that sense of wonder, to relish and reveal the mysteries of life. It's these blessings that the heart remembers as gifts that engenders gratitude.

Louie Schwartzberg ([00:46:50](#)):

What about courage? What does courage mean to you?

Norman Lear ([00:46:53](#)):

Courage?

Louie Schwartzberg ([00:46:53](#)):

Yeah.

Norman Lear ([00:46:54](#)):

Courage has a lot to do with getting up in the morning. It's hard to be a human being, I have not failed to notice. But the more difficult, the more worthwhile the effort.

Buzzy Kerbox ([00:47:05](#)):

I'm scared every time I go out there. I mean, I get butterflies, when I know it's gonna be big. It's s- scary, but it's exciting.

Louie Schwartzberg ([00:47:18](#)):

When we shot the cliff [inaudible 00:47:20] of [Mirror Beach 00:47:20], it took courage on both parts. Their performance and our ability to haul that crane up that cliff, and then rig it so it wouldn't fall on their heads, hanging an 80-pound camera right above them. It definitely takes a lotta courage to overcome fear.

Bandaloop ([00:47:41](#)):

Fear can't live in the present. It exists in the past and it exists in the future. But if one is really clear and present, there's no place for fear.

Bandaloop ([00:47:53](#)):

There's something about the moment that you lose touch with the Earth, you know, the moment that your feet lift off the ground. There's this just, this instant feeling of joy and surprise.

Bandaloop ([00:48:04](#)):

I don't like standing on a cliff if I'm not anchored in. As soon as I'm anchored in and I understand the system, I'm free. That feeling of vertigo, it's not the fear of falling. It's the fear of your deep desire to wanna throw yourself into the freedom of the feeling of falling.

Bandaloop ([00:48:22](#)):

When you take gravity and you just play with it, and you find ways to soften it, to dance on walls, to dance on cliff faces, I decided to dive off the cliff of fear. And once that happened, I was able to find the dance.

Erik Weihenmayer ([00:48:54](#)):

I think all of the things that you need to survive and do well on a mountain also help you do well in life. I've been learning how to use ingenuity, to use innovation to kinda reach beyond the obvious and find these secret systems that enable me to do things that I might not have thought I could do.

Erik Weihenmayer ([00:49:16](#)):

My name is Erik Weihenmayer. Being a blind mountain climber is sort of like being a Jamaican bobsledder. The words don't necessarily go together. When I went blind, there was a time that I thought that life was- was filled with a lotta loss and not a lotta gain. Sometimes, things are taken away, and sometimes things are given to you and you have to appreciate the things that you have.

Erik Weihenmayer ([00:49:37](#)):

When I'm reachin' out and swingin' my ice tool, you know, I'm pretty sure it's a good hit, but you're never really sure. Sometimes that fear of reaching out into the unknown paralyzes people to the point they just- just decide not to reach out at all. And all of the great things that have ever come to me have come through reaching out, and I think life is just n- sort of an ongoing process of reaching out into the darkness when you really don't know what you're gonna find.

Mike Biker Sherlock ([00:49:58](#)):

You know, you can't really have fear, basically, fear causes hesitation. Hesitation will make your worse fears come true.

Mike Biker Sherlock ([00:50:16](#)):

You find yourself getting to a point where you just sorta let go, and it almost feels easy, real natural.

Mike Biker Sherlock ([00:50:22](#)):

Yeah!

Michael Beckwith ([00:50:29](#)):

Ultimately, gratitude is a way of life. It's an attitude and a vibrational altitude that we live in, but there are tiers to it. So the first tier is, we learn to be grateful for what we have. We bless our food, we bless our house, we bless our friendships. We're grateful, for little, big, medium things in our life.

Michael Beckwith ([00:50:51](#)):

Then there's being grateful for the challenges in our life. That's because the challenge is a gift in work clothes. It's coming to bless us. We may not know it in that moment, but without challenge, sometimes the activation of our potential doesn't happen. Our potential is bigger than any problem.

Michael Beckwith ([00:51:11](#)):

A problem is an emblem of something happening in our awareness, it's emblematic. So when it shows up in our life, it's forcing us to grow, to activate potential. So after a while, we become grateful when we have a challenge. I'm not saying it's easy, but it becomes a practice.

Speaker 70 ([00:51:31](#)):

So we're here at Amity, and this is day one of a three-day comedy workshop. So we are gonna be doing improv and standup.

Speaker 71 ([00:51:43](#)):

I was in prison and I did two years and a half.

Speaker 72 ([00:51:47](#)):

I've been incarcerated four times.

Speaker 73 ([00:51:49](#)):

In and out of county jail for the past 16 years.

Speaker 74 ([00:51:51](#)):

For eight years and five months.

Speaker 75 ([00:51:53](#)):

For a little over 20 years. I was arrested when I was 18 years old.

Speaker 72 ([00:52:02](#)):

Like being a caged animal.

Speaker 76 ([00:52:03](#)):

Amity is for people that have been released from prison, to stabilize you first.

Speaker 70 ([00:52:13](#)):

Now we're gonna go around and say one thing that we did like about this week.

Speaker 77 ([00:52:18](#)):

Well, I got outta prison this week.

Speaker 70 ([00:52:21](#)):

Woo! And [Addet 00:52:23], what's something you're afraid of?

Speaker 78 ([00:52:25](#)):

I'm afraid of getting my heart broken.

Speaker 74 ([00:52:27](#)):

I'm afraid of going back to prison.

Speaker 73 ([00:52:29](#)):

I'm afraid of losing my kids' love.

Speaker 71 ([00:52:31](#)):

You see, um, my kids did never visit me in prison.

Speaker 79 ([00:52:35](#)):

And we do these things, thinking, oh, I'm the only one that's gettin' hurt by this. But you know what? There's nothing that replaces a mother.

Speaker 80 ([00:52:43](#)):

If I could say anything to my mom right now, I would just tell her that I hope one day we could put whatever's getting between us aside, and- for a mother-daughter relationship.

Speaker 81 ([00:52:53](#)):

A goal of mine is to adopt a child.

Speaker 82 ([00:52:56](#)):

A goal of mine is to love myself better.

Speaker 83 ([00:53:03](#)):

The crime was attempted murder.

Speaker 76 ([00:53:05](#)):

I took brass knuckles and I beat him up, and I threw him in my trunk.

Speaker 84 ([00:53:09](#)):

Well, I was prostitutin', I was doin' a lotta stuff.

Speaker 85 ([00:53:11](#)):

Petty crimes, petty theft, to support the habit.

Speaker 86 ([00:53:14](#)):

My niece was hungry, and I could only hear her so many times telling me, "Aunt Charlene, I'm hungry." So I- I went to the store and I robbed them of some milk.

Speaker 79 ([00:53:22](#)):

A woman attacked my son when he was 10 years old, and I beat her blind, literally blind.

Speaker 75 ([00:53:29](#)):

I was charged with second degree murder. I left a woman bleeding to death in an alley when I have a belief that I should've gotten out and helped.

Jack Kornfield ([00:53:40](#)):

It is through allowing yourself to face the losses or grief or betrayal that the great heart of compassion is borne in you.

Christine Carter ([00:53:49](#)):

We forget about compassion as being a positive emotion because it involves suffering. But actually, I think it's the most powerful positive emotion that we have.

Jack Kornfield ([00:53:59](#)):

In the Tibetan Buddhist monasteries, they pray for suffering. Grant that I may be given enough suffering that my heart will truly open with compassion. But you don't have to ask for it, it is gonna come, and it's not a mistake.

Jack Kornfield ([00:54:17](#)):

I remember my teacher in the monastery saying, "Where have you learned the most? When you're havin' a good time, cruising and it's easy, or when you have to go through tough things? Where did your heart grow wise? Where do you become somebody that had courage and dignity and a deeper kind of love?"

Jack Kornfield ([00:54:35](#)):

Sometimes, we'll find ourselves surrounded by dark clouds with nothing to be grateful for. And almost without knowing, negativity enters all we do. It's a weight we carry, until we finally learn to let go. When our hearts are joyful, the gloomy spirit has no place to land.

Cecil Williams ([00:55:04](#)):

Yes, it hurts! It hurts, to feel like you're not doing what you could do, or to feel like the world is crushing on you, or to feel like you're nobody. Or to feel like everything is going against you.

Cecil Williams ([00:55:19](#)):

I wanna see your eyes, opening up with not the shades or shadows covering them, but love, beaming with light from your eyes, which tells me it's comin' from your soul. I want that, heart and soul. I want heart and soul.

Speaker 89 ([00:55:44](#)):

I'd probably be in a penitentiary, doin' time again, like I've always done. But wouldn't have liked.

Speaker 87 ([00:55:49](#)):

It's a good job. And it's keepin' me from bein' in the line, 'cause I've been on it at times. I had a slight gap in my employment history between 1968 and 1995.

Norman Lear ([00:56:01](#)):



When I was nine years old, my father went to prison. And I was sent to live with an uncle and then another uncle, and another uncle, and now I'm finally with my grandparents. But when I was living with those uncles, the only way I could pay back was to make 'em laugh.

Speaker 90 ([00:56:14](#)):

Okay, so I do 18 years, right?

Speaker 81 ([00:56:22](#)):

You know like, where you thought, "Oh, I can't do this", but you recreate that thought. "I can do this." We are all creation, yes.

Speaker 92 ([00:56:31](#)):

Talk to us, what do you wanna talk to us about, [Shauna 00:56:33]?

Speaker 91 ([00:56:32](#)):

Relationships.

Speaker 92 ([00:56:35](#)):

Well, okay, are you in one?

Crowd ([00:56:36](#)):

(laughs).

Speaker 92 ([00:56:36](#)):

Ah.

Speaker 79 ([00:56:39](#)):

It's a priceless little tool to be able to take a situation that doesn't feel good and just take all the weight off of it and bring into perspective, laugh about it.

Speaker 70 ([00:56:49](#)):

Look up.

Crowd ([00:56:49](#)):

Ah! (laughs).

Speaker 70 ([00:56:49](#)):

Okay, we got ... (laughs).

Speaker 93 ([00:56:50](#)):

Okay, so ...

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Speaker 75 ([00:56:56](#)):

There's symmetry in most things, and I see that. And my life needs humor.

Crowd ([00:57:06](#)):

One, two, three, four, one, two, three, four! One, two, three, four! Yeah!

Speaker 78 ([00:57:11](#)):

When I wasn't sober, my intimate times used to be like, a Herbal Essence commercial.

Crowd ([00:57:15](#)):

(laughs).

Speaker 78 ([00:57:19](#)):

Now that I'm sober, it's more like a- a dandruff shampoo commercial.

Crowd ([00:57:24](#)):

(laughs).

Speaker 86 ([00:57:26](#)):

I bought Fifty Shades of Gray, I got carried away with it.

Crowd ([00:57:30](#)):

(laughs).

Speaker 86 ([00:57:30](#)):

But I- I- I tried to introduce some of the things to my husband, and he wants a divorce now, (laughs).

Crowd ([00:57:38](#)):

(laughs).

Speaker 86 ([00:57:43](#)):

[inaudible 00:57:43].

Speaker 94 ([00:57:44](#)):

Ladies and gentlemen, I've been shot, I jumped outta windows, I've been cut. Huh, the most scariest thing is, is fallin' in love.

Crowd ([00:57:55](#)):

(laughs). Yeah! Woo.

Speaker 83 ([00:58:00](#)):

My life has been so troubled. And so, I've experienced so much sadness and sorrow, and humor has just, you know, set me outside of focusing on that. And so, humor is also good medicine for me, (laughs).

Crowd ([00:58:13](#)):

Yay!

Speaker 95 ([00:58:18](#)):

I'm grateful for- I'm grateful for my life.

Crowd ([00:58:20](#)):

Woo!

Speaker 95 ([00:58:20](#)):

When I was young, I didn't think that I was gonna live very long, because my lifestyle. I didn't care whether I lived or died.

Speaker 96 ([00:58:29](#)):

I'm grateful for my freedom, to be able to see sunsets and sun rises.

Speaker 72 ([00:58:34](#)):

I'm grateful for God and animals. That cat across the street, I get to pet it, you know? I get to hold it.

Speaker 75 ([00:58:40](#)):

That I have people in my life who want to be there.

Speaker 70 ([00:58:47](#)):

How much fun was that show? Yeah?

Speaker 86 ([00:58:50](#)):

We did, we nailed that. And if we can do this, we can do so much more.

Speaker 85 ([00:58:55](#)):

It made me realize how much I love my mind.

Speaker 70 ([00:58:59](#)):

Yeah.

Speaker 97 ([00:59:01](#)):

And it was a great confidence builder.

Speaker 95 ([00:59:03](#)):

You know, because without my family, I wouldn't have some of these stories. So the creativity, and- and- and using my life to make people laugh, has made me appreciate it more.

Speaker 75 ([00:59:13](#)):

Life is a work of art. Life is creative, and it's what I create in my life that's the most important.

Speaker 79 ([00:59:21](#)):

Creativity is a way to find commonalities between us.

Speaker 86 ([00:59:25](#)):

I wanna be remembered for the person that I become, not that drug addict that I used to be.

Speaker 72 ([00:59:31](#)):

That I'm gonna be remembered. Someone that was happy. Someone that always brought light into the room.

Speaker 74 ([00:59:43](#)):

Just remember me as me, and my smile. Mm-hmm.

Frank Fuentes ([00:59:50](#)):

Everybody in the club, they ain't allowed to take drugs or- or carry guns, or none o' that. Most o' these guys that are in the club, they- they've been through it, they got out of it. You know? And I would s- work on your car. And if they see you taking drugs or- or carryin' a gun or somethin', you're out. It's pretty strict.

Chase ([01:00:10](#)):

You see these dull, gray walls and you imagine havin' your way with those walls, and when you do get your way, you're gonna beautify 'em 'til you're full of s- capability.

HArrrod Blank ([01:00:21](#)):

When I was 16, I got this car and it was all white. So I started by painting a rooster on the door, and suddenly, I had an identity.

Art Car Man ([01:00:32](#)):

More than anything, it's just the pure enjoyment of being able to see people appreciating what I do. What can be more satisfying than that?

Speaker 102 ([01:00:42](#)):

Everybody keeps saying, "You've got everything on there but the kitchen sink", and I can honestly say I do have the kitchen sink, now.

Speaker 103 ([01:00:52](#)):

People say, "I was in a bad mood and I saw your car, and I just started smiling, and it just made me happy." When I see them smile, then it takes me out of a bad mood if I'm in a bad mood, so it's very therapeutic. Actually, I'm a therapist.

Speaker 104 ([01:01:06](#)):

The nice thing about art cars is they're mobile. They're not sitting in a gallery. I think you get a more true reaction.

Speaker 103 ([01:01:14](#)):

The first question so many people ask is, "Don't the police harass you?" Because people really feel like it must be illegal to have this much fun.

Larry Bannock ([01:01:28](#)):

Just sing, everybody, sing along. Around the world and around the world.

Larry Bannock ([01:01:35](#)):

Every bead, every stitch on this is mine. I don't have to worry about nobody saying, "They did this, they did that", because this is my love and this is my passion. There's no money in it. There's only a lot of headaches and sore fingers.

Speaker 107 ([01:01:49](#)):

Zozobra is stuffed with, uh, documents that the people of Santa Fe wanna get rid of. Divorce papers, old love letters, arrest warrants, bad credit reports. And we burn him, in order to have a good New Year.

Brother David ([01:02:07](#)):

We are all born with openness for mystery, that which you cannot grasp, but you can understand it by letting yourself be touched by it. And most people experience that, for instance, with regard to music. And when you enjoy music, it has to grab you.

Mosie Burks ([01:02:32](#)):

It's like singing in front of a wave, all those forces coming, and it- and it keeps building and it keeps- and it lifts me up. And then to have the audience to come in with the other wave, and we get caught up in the spirit, (laughs). And it just takes me higher and higher. And it's like, "Wow!" (laughs).

Vasquez Brother ([01:02:59](#)):

Salsa, for me it's like everything. Love, passion, e-

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Speaker 110 ([01:03:00](#)):

It's like... Everything. Love, passion, it's something that everybody has inside, but, uh, not everybody can find it. And when you find out, that thing inside of you, you will never stop.

Jason Silva ([01:03:13](#)):

When I think of energy, I think of passion. I think of human imagination. I think about creativity. I think about existential angst. I think about boredom as a kind of meaning withdrawal. Something that agitates something within that makes you say, "I gotta get up. I got to move. I got to create something in the world."

Jason Silva ([01:03:47](#)):

Ernest Becker says, "We are simultaneously gods and worms." With our minds, we can ponder the infinite, yet we're housed in heart-pumping, breath-gasping, decaying bodies. We fancy ourselves as gods, but we are doomed to be food for worms. And that agitation, that tension, energizes us. And it makes us want to remake the world.

Dan Klennert ([01:04:09](#)):

I started collecting junk 'cause my parents moved us out from Crookston, Minnesota, where I was living the life of Huck Finn, and put us right in a concrete jungle in Seattle. And there was nothing to do, so I started scrounging the piles of garbage put out for the garbage man and found cool stuff. One piece sparked my imagination. Then, I go out and I fall in love with, uh, several other pieces of metal to come up with a sculpture.

Dan Klennert ([01:04:35](#)):

To me, it is junk. It's rusty gold. And I've been known to stay up all night welding. It's like surfing to create a wave. Once you get up on top of that wave, you don't wanna get off it. I found love, and self-respect, and everything else in art, and it made me feel good. It saved me.

Allyson Grey ([01:04:53](#)):

You know, everything else is kind of work, and then there's this. And hopefully, on my last day, we'll be making art some time on that day. We try to make art every day. It's our meditation. It's our spiritual life, art. We've been in the room together for 40 years making art, every day. And when you think about that, that is a spiritual practice.

Louie Schwartzberg ([01:05:24](#)):

Do you think that purpose affects longevity?

Norman Lear ([01:05:28](#)):

I think everything that makes you feel good affects longevity. Uh, laughter, I know affects longevity. And, uh, art affects longevity.

Palm Spring Follies - Beverly Allen ([01:05:53](#)):

Well, I'm still doing flips, and headstands, and cartwheels. And I have a great time 'cause I love doing acrobats. I've done them all my life. And a lot of things I can't do that I used to, but I still do it more than most 83-year-olds, (laughs) I'm sure.

Palm Spring Follies ([01:06:12](#)):

Here's the secret of life, it's something to do on Tuesday, and Wednesday, and Thursday, and Friday. You wanna live forever? As soon as you get outta here, get a damn job.

Speaker 112 ([01:06:21](#)):

(laughs)

Palm Spring Follies ([01:06:21](#)):

Now that I'm working again, maybe my kids will stop trying to marry me off.

Speaker 112 ([01:06:27](#)):

(laughs)

Palm Spring Follies ([01:06:27](#)):

Dancing at the Follies is sure heaven, 'cause this year, I'm 77.

Palm Spring Follies ([01:06:32](#)):

At 65, like a fine aged wine, I'm in my prime.

Palm Spring Follies ([01:06:43](#)):

This is my fourth year, here where I love to be, on the stage. My age? 83.

Palm Spring Follies ([01:06:51](#)):

When you work out, you sing, you exercise, and everyone here is very creative. And we get it from each other. A lot of love around here, and energy. (laughs)

Palm Spring Follies ([01:07:02](#)):

Someone gets to 80-years-old and they're still capable of dancing 10 shows a week, three and a half hours at a pop, you're fairly confident that these are folks with an enormous amount of character. We look for energy, and hope, and stamina, the ability to never give up.

Francis Dellenback ([01:07:23](#)):

Some place I read that every stair you step up adds four seconds to your life. And there's 74 steps up here, so each time I come up here, I add a little bit to my life. I only come up here once a week. I check the time. If necessary, I regulate a little bit, and then I check these lights, make sure they light up the clocks, and I'll wind it.

Francis Dellenback ([01:07:46](#)):

They hired me at 25 a month, and, uh, they're a little low on money right now, so I forget to bill 'em. I hope the wind don't get my hat. It probably wouldn't hit the ground till Nebraska.

Jack Kornfield ([01:08:00](#)):

When you look in the mirror, there's this amazing moment where you realize that you've aged a bit, losing your fur in some places, or drooping in others, or wrinkling. It's what happens. But the weird thing that most everybody experiences is that you don't necessarily feel older, and that's because it's your body that's aged. It goes through the lifecycle of infant, to adolescent, to young adult, to old age. M- but the witnessing consciousness, who you really are, the awareness itself, is timeless, is outside of time.

Dan Klennert ([01:08:37](#)):

You know, I've had this imagination all my life. I can take a piece of wood and do everything with it except make it talk. One of these days, they'll be like, "Make a piece of wood talk." I ain't no spring chicken no more, but I'm still hopping around a little bit. (laughs)

Norman Lear ([01:08:54](#)):

I go to bed every night intending fully to wake up (laughs) the next morning.

Louie Schwartzberg ([01:08:58](#)):

(laughs)

Norman Lear ([01:08:59](#)):

And I'm grateful for that cup of coffee, and for the, uh, cereal I'm having, or the banana. It's really very meaningful to me.

Jay Harmon ([01:09:09](#)):

What is this tiny blink of an eye that we call life? The whole of life and everything in it is a spiritual exercise. Just immersing myself in nature puts me much more in touch with that.

Christine Carter ([01:09:20](#)):

When we're in the midst of a wonderful hike, and looking at the trees, and we're overcome by this sense of awe, we take the split second to think, "Oh, wow. I so appreciate this."

Roudy Roudebush ([01:09:35](#)):

These mountains are an inspiration to me on a daily basis. You feel deep roots when you live on the Continental Divide for 30 years. It's the backbone of the world, and maybe it makes me stronger just looking at it. Hey, hey, hey.

Roudy Roudebush ([01:09:52](#)):



As I get older, (laughs) I mean, I have more questions, but I don't care so much about the answers. The pondering is what I enjoy.

Louie Schwartzberg ([01:10:04](#)):

There's an ancient proverb that the seeds of today are the flowers of tomorrow, and I actually have a lot of faith that the younger generation are gonna come up with the solutions to create a sustainable planet for their children and their children's children.

Roudy Roudebush ([01:10:22](#)):

What's the matter with kids today? Well, there ain't nothing wrong with kids today, but they should emulate me. I'm a shining example of how kids should end up, happy. You get a horse that trusts you and, uh, you have a wonderful thing, uh, a lifelong relationship that, uh, isn't gonna let you down and go away sometime. (laughs)

IN-Q ([01:10:51](#)):

I wanna fall in love at 85, go on shuffleboard dates, and dance to hip-hop from '95. We'd rock matching tracksuits and rope gold chains. We'd look like Run DMC, but in their old age. We'd take aerobics classes, and wear bifocal glasses, and eat at IHOP, and hold hands at Sunday masses. And when it comes to the bedroom, well, nothing much would happen in the bedroom because we're 85.

IN-Q ([01:11:21](#)):

But we would still be down to take a walk, or take a drive, or sit and talk, or have a drink, watch the passersby. Ask each other why, and how, and who, and where, and when, and then we'd laugh and cry again about the people we had been. I would touch her withered skin and comment on how thin it is to keep in something infinite. And she would smile sweet and blush and tell me that I think too much.

IN-Q ([01:11:44](#)):

She's right, I think too much. It's always been a problem. Then again, that's how I made my green like the goblin. When I was in my 20s, I was eating Top Ramen, counting up my pennies, saving up to go food shopping. But now, I'm 85, and somehow I feel more alive. I turn my hearing aid up and bump Jurassic 5. And when it comes to the bedroom... Well, hopefully, every once in a while, she lets me knock her boots into the floral patterns of our bedpost, then hold her head close like death isn't chasing us, planning on erasing us, and replacing us with better versions of us. Reshaping us, remaking us, then recreating us with new identities, so we can make new memories.

IN-Q ([01:12:32](#)):

Hush, little baby. Learn to walk, and talk, and think, and lie, and feel, and fight, and love, and die, and never get the answers why. When I first saw her, I was totally in awe. She was classical, so I was like Yo-Yo Ma. And that was all it took. A single look, and I was shook. I fell for her like some loose shingles from our Spanish roof.

IN-Q ([01:12:56](#)):

And I'ma love her till she loses every last root and has to glue dentures to her gums to chew solid food. Ooh, now that's real love, dude. That's some push comes to shove love, not when it's convenient love. Hospital bed love, feed her ice chips love, never leave the room love, sleeping in the chair love, pray to up above love, have to pull the plug love, miss her in my bones love, everything about her love, die within a month love, can't live without her love. Love, the only reason that we are alive and none of us should have to wait until we're 85.

Francis Dellenback ([01:13:55](#)):

See, my wife and I was extra close. We lived together and we worked together. In the wintertime, I'd start a fire there in the morning. And by the time we was through eating, we'd be nice and warm, and we'd read our mail up here.

Francis Dellenback ([01:14:06](#)):

And since she died, I've never had a fire in that stove. She died of Lou Gehrig's Disease, amyotrophic lateral sclerosis. No one knows what causes it. No one knows what to do about. (laughs) And-

Jack Kornfield ([01:14:24](#)):

We've all felt that feeling of being a part of everything. We've known it sitting with someone when they're dying. And that extraordinary opening when the spirit leaves the body as silently as a falling star and you knew some great mystery has been revealed in front of you.

Brother David Steindl-Rast ([01:14:56](#)):

I grew into this habit of being grateful for everything. All my friends when I was teenager, killed in the war, killed by bombs, and so we were constantly surrounded by death. And to be alive, that in itself is just such a great gift.

Trombone Shorty ([01:15:16](#)):

My brother [inaudible 01:15:18]. He was murdered not too far from here. And the most important thing for me in my life is passing it onto the children as I overcame everything, by passing it onto another person.

Jack Kornfield ([01:15:42](#)):

Each person has a gift, whether it's to plant a garden, or raise a beautiful child, or create a business, or live with peace in a world that's troubled. It might be very simple, but you have your gift.

David Krakauer ([01:15:55](#)):

We're at the Eldridge Street Synagogue, which is the oldest synagogue in America. When I'm here, I feel like I'm playing for my ancestors.

Jack Kornfield ([01:16:24](#)):

We're part of a life that has survived and recreated itself, generation after generation, and how its given to us. And we get to watch our life unfold the way we watch a flower unfold, the way we watch the trees blossom in the spring.

Ed Holt ([01:16:43](#)):

I like spring because everything is a fresh start. All the buds have broken loose. All the grapes are new again. Uh, the cattle are calving. New life everywhere. The most powerful force in nature is to recreate yourself. That's what grapevines are doing. That's what oak trees do. That's what, uh, hills, mountains, birds, streams, everything wants to reproduce and survive. So, maybe that's what living out in the country and living on a ranch like this, uh, does to a guy. It just puts you in the middle of God's glory.

Alex Grey ([01:17:11](#)):

William Blake said that gratitude is the closest thing we come to Heaven. And I think that genuine gratitude comes about as a result of a loving connection. It's showing respect for your own existence. You have been given a chance in the cosmic lottery of life. You know, you got a ticket. You know? You got to come to the party. And so, it's only right that you should be grateful.

Erik Weihenmayer ([01:17:45](#)):

A mountain is such an amazingly powerful force. You can't control it, and you just have to accept it. And it's a wonderful feeling. It's a humbling feeling.

Erik Weihenmayer ([01:17:53](#)):

Some people collect, you know, like antiques or baseball cards. For me, I just like to sorta collect experiences. Trying to soak it up, get as much as I can.

Christine Carter ([01:18:12](#)):

Gratitude is both a looking back at the past and the way of savoring it, of bringing it forward into this moment.

Jay Harmon ([01:18:28](#)):

We're not here of our own accord. We don't know how we got here. We don't know why we're here, and we don't know where we're going. The beauty of it is, if you're willing to actually hand over to that, then life becomes incredibly joyful.

Brother David ([01:18:44](#)):

As you live gratefully, it increases your trust in life. Because you see, step by step, life is trustworthy.

Paul Hawken ([01:18:55](#)):

I'm grateful that I'm just here, just here at all. To be in a body on this earth at this time, this is an extraordinary time in the most transformative epic in human history. Here doesn't last long, and it never did in the first place.

This transcript was exported on May 03, 2022 - view latest version [here](#).

Jack Kornfield ([01:19:16](#)):

In the great sand teachings, they say the awakened are liberated, heart and mind, is one that's free from anxiety about the future. Remember that the earth is circling the sun. The solar system is spinning on one arm of the Milky Way Galaxy, and turns every 200 million years, and we're on a great big Ferris wheel of ride of mystery.

Brother David ([01:19:43](#)):

And so I wish you, that you would open your heart to all these blessings and let them flow through you. Let the gratefulness overflow into blessing all around you.

([01:20:06](#)):

Louie Schwartzberg: Appreciation is what we feel in the moment. Gratitude is what we remember that opens our heart.

Speaker 123 ([01:20:21](#)):

(singing)

PART 4 OF 4 ENDS [01:22:41]