



Speaker 1: Bulletproof Radio, a state of high performance.

Dave: You're listening to Bulletproof Radio, with Dave Asprey. Today's cool fact of the day is that human DNA has been found in the bones of a neanderthal woman, which puts [inaudible 00:00:26] back to at least 110,000 years ago, and that genetic mixing left its mark in the DNA of a Siberian neanderthal. It's interesting because we know that many humans today carry little bits of neanderthal DNA, and I'm very pleased to tell you that I have the neanderthal gene for less back hair, which is something that I've enjoyed for my entire life.

However, this is the first time that human DNA has been found embedded in neanderthal's genes, and what this finding means is that, well, sorry, we have to re-evaluate all of our scientific theories on the relationship between humans and neanderthals. We've had this long string of discoveries that tell us that humans are probably way older than we thought we were, and that history is way more interesting than what we told ourselves based on very limited data, but now that we can go in and look at DNA, wow. The world is really interesting, we'll put it that way.

Before we get into the show today, you might not know that we make Bulletproof performance kits. If you're new to Bulletproof and just looking to try some foundation products where you want to upgrade a specific area of your performance, there are a dozen specialized kits on [Bulletproof.com](https://bulletproof.com). If you don't want to have to decide, "What's the right thing for me?" we'll tell you, "If you want this goal, get this set of things," and that's there just to save you time and to make it easier to make a decision. I can tell you that when you go Bulletproof, you're going to feel a difference, and the whole point here is I make products that have something you can feel in them. It's about how you feel when do it. It's not about, "Oh, I believe if I do this, I'm probably going to be better at it 10 years from now." Yeah, you probably will, but you've got to feel that right now. Go to [Bulletproof.com](https://bulletproof.com), check out the performance kits. They're awesome.

All right. I'm excited about today's episode for a couple reasons. One, I'm sitting here in Hawaii doing the interview, and the second reason is that it's a live interview where I get to be in the same room, which is always more fun and more energizing, and today's guest is a guy who wrote a really cool book, one that both my wife, Dr. Lana, and I really enjoyed. I've gotten to know him at a few different conferences, and this is the first time I've really sat down to pick his brain.

He's known as the mindfulness guru to billionaires, at least according to an article in Ink Magazine, and he's spent a lot of time over the last 20 years working with celebrities, very, very successful entrepreneurs, and very, very wealthy people, transforming them and doing something he calls un-coaching, where he has to really go deep and dig into why they do what they do, what's their mission, and how to achieve it at a level that's just a different level of integrity and authenticity. I certainly know some of the people that he's worked with, and just when you come across him, he comes across as this really deep, profound guy who's had an incredible path. We're going to talk about that

today on the show, and he's going to offer some knowledge for you as well. His name is Kute Blackson. His book is called *You Are The One*. Kute, welcome to the show.

Kute: It's great to be here, Dave.

Dave: Now, you have such a crazy background. You were born in Ghana, in West Africa, but your mom was Japanese, and you're actually fluent in Japanese, right?

Kute: Yeah, I'm pretty fluent in Japanese. I could live there, work there. I don't know if I could give a lecture there, but I could pretty much do my fair share.

Dave: Now, I heard through the grapevine that when you speak Japanese, you sound a little bit like a Japanese mom. Is that true?

Kute: I sound like a Japanese mom?

Dave: Yeah.

Kute: Me, personally?

Dave: Yeah.

Kute: Who said that? I'm going to find that person, Dave, and I'm going to torture them, Japanese style.

Dave: It was a fluent Japanese person.

Kute: I know who you're thinking about. I'm going to find him. You know, I think because I grew up speaking Japanese with my mother.

Dave: Exactly.

Kute: So I sound like my mother, and people are surprised because they see this brownish guy, and they're like, "But you sound really Japanese," so it's fun.

Dave: Yeah, I think it's really cool because you can surprise people. My wife does that quite a lot. She speaks Swedish, but it's such a small language, no one thinks of people ... or talking openly, saying things that they don't think that she can understand.

Kute: Right.

Dave: It's kind of funny, because you must be able to do that all the time. You started out in West Africa, which is a place not a lot of people that I know are from. How did you end up becoming a mindfulness guru for these incredible, successful people? Walk me through your path and what gets you going.

Kute: Sure. Sure. From a very young age ... I remember being age five, age six ... I always felt a really deep calling to serve humanity. I remember being five years old, feeling like I just had this burning desire to help people. It was just inside of me. I didn't know exactly what that would look like, but one of my first memories was around six, seven, being a chubby kid in Ghana, West Africa, and literally seeing a crippled woman crawling on the floor. I was lost in the crowd, and she was crawling on the floor, hands mangled, legs ... and she was just making her way, dust everywhere, thousands of people. She picks up the sand that this man walks on, wipes it on her face, and stands up, a miracle so to speak.

Dave: Wow.

Kute: Week after week, I grew up seeing blind people see, deaf people hear. The same man whose sand she picked up, he would literally look at a woman in a wheelchair and say, "Why are you in this wheelchair? Stand up. You are not sick. Stand up," or he'd put his hands on her eyes and say, "See," or a woman would come in with crutches. I mean, this is stuff I saw with my own eyes, personally.

Dave: Like miracle workers.

Kute: Not on television. A woman would come in with crutches, and he would say, "Throw your crutches away," and she would say, "But I ... But I can't." He would say, "Do you believe?" "Well, yes." "If you believe, why do you have the crutches?" She would throw them away, and she would start running around. This was my father, and so my father ...

Dave: Good God. Okay.

Kute: My father had 300 churches in Ghana, West Africa. He had a huge church in London, about 5,000 people, kind of metaphysical, spiritual, kind of like ... In L.A., there's Michael Beckwith's church, [crosstalk 00:06:16]

Dave: Right.

Kute: It was that sort of spiritual philosophy. I grew up in this, you could say, environment where, I mean, all these miracles were happening, but I didn't think anything was unusual about it. This was-

Dave: They were kind of boring because-

Kute: This was normal.

Dave: ... it's your dad.

Kute: I would go to school, and I would tell people about the stuff that happened, and people would think I was totally nuts. My teacher, one day, thought I was crazy, came to my father's church, saw the stuff happening, and just couldn't believe it. This is the realm I grew up in, this sort of ... I don't know. Everything was possible, and at age eight, I

started speaking in my father's churches. One Sunday was ... It wasn't my interest, to go to church, because church was like six hours, and I just wanted to play soccer, but one day my father just threw me in front of the audience and said, "Speak." You could say my speaking career started at age eight when just I was thrown up on stage and just words started coming out of my mouth, and this just unfolded.

That was the beginning, but I became very obsessed with questions like, "Who am I, and why am I here, and what's the purpose of life?" I looked to people who seemed to have everything, and they were miserable, people who had nothing, they seemed to be happy, in Ghana, West Africa. This became my quest. I started reading books, books from the Eastern mystics, the Krishnamurtis, the Oshos, the Maharishi Mahesh Yogis, to the Western folks, the Wayne Dyers of the world, the Chopras, the Robbins, the [inaudible 00:07:37] Normans, all these folks. This became my obsession. It became my life. This was my path, but 14, I was ordained as a minister, in my father's church. One Sunday, my father announces to his congregation, "My son is taking over my ministry."

Dave: Did you know that was happening?

Kute: You know, my father was not the most communicative guy, so there was no conversation. It was just announced, and I looked at my father, I looked at my mother, and I thought, "What the hell is going on?" I saw my entire life was being carved out for me, planned out by someone else, by my father, and it was like my life flashed in front of me. Deep down, in that moment, I had a gut feeling and a knowing that this was not my path. I knew intuitively. It was a sense. It wasn't my path, but honestly I was too afraid to-

Dave: Well, you're 14.

Kute: I was 14. I was too afraid to tell my father. I was too afraid to have the conversation. I was afraid of being outcast. I was afraid of being abandoned, being alone, losing his love, and so I went along with it, and I thought, "Well, it's kind of in the zone of helping people," and I started speaking at my father's churches. I became known as the successor, as the guy with, I mean, hundreds of thousands of people who had their hopes and dreams pinned on me.

Dave: Could you do the miracle healing stand up kind of thing?

Kute: Here's what I'll say, one day ... I was probably 12, and my father announces to the congregation, "Next Sunday, my son is going to be doing a healing service," and I'm thinking ... Dave, I'm thinking, "I am?"

Dave: Talk about some pressure on a 12-year-old.

Kute: But I'm thinking, "I am?" Everyone's excited, so he says, "Bring all of your sick people." In my mind, I'm thinking, "Oh my god," because-

Dave: No pressure.

Kute: ... because my father and I, it's not like he's mentored me or anything. He kind of throws you into the fire. Next Sunday ... Usually, there's like 4,000, 5,000 people ... there's like 7,000 people in church. Everyone's brought their sick people, their sick family. My father says, "Now is time for the healing service," and all I remember, because we didn't speak, was the time came and I just thought, "I'm just going to do what my father does," which is he puts his hands on people and just blesses them, and something happened. I went into no mind.

Dave: Yeah.

Kute: There was a state of going into no mind, no thinking. You could say a space of total surrender.

Dave: [crosstalk 00:10:04] sort of a thing?

Kute: I don't know what to label it, but it was a space of realizing, "Okay. I can't do this, so I'm just going to surrender myself and allow whatever that energy is to come through," and I put my hand on the first person. The first person dropped to the floor. Then I don't remember anything for the next hour and a half.

Dave: Wow.

Kute: Stuff happened, and people tell me stuff happened and healings happened. I wouldn't call myself a healer, but I just remember thinking-

Dave: Yeah, it's not what you do now.

Kute: No. Things happened, and it was profound. It was really, really profound. People often ask, "Well, how do healings happen?" Years later, when I was in my 20s, I'd have conversations with my father, and I'd asked him, "How do you heal?" There's all this talk in the New Age movement about chakras and energy and moving energy and all this stuff and how complex it can get. I asked him, "How do you heal?" He said, "I don't really know." I said, "What do you mean you don't know? You are known as the miracle worker. Presidents, kings, influential people, heads of state from all of Africa come to you, and millions of people have been healed by you. How do you do it?"

He goes, "I don't know. All I know is I get myself ..." He said, "All I know is I don't do the healing. Life does the healing. God does the healing. The Divine does the healing. The innate intelligence does the healing. All I do is I show up, and I get myself out of the way, and I allow the energy to move." That has been, honestly, Dave, a huge principle for my life. Not just in terms of healing, but as a way of living, just showing up and saying, "Okay. Let the energy unfold," so that's been huge for me.

Dave: Sort of a stop trying, start allowing-

Kute: Yeah.

Dave: ... kind of a perspective. It seems to drive success. I was talking with Jack Canfield in a recent interview, similar line of thinking, but the less effort you put into it, sometimes things unfold the way they want to. That's how you were able to do the healing. Even though you were in an altered state, you don't remember-

Kute: Yeah. I can't say I did it. I always tell people, "There is no healer," and I love it. In this modern-day, spiritual, personal growth, so many people have this ego about, "Oh, I'm this amazing healer. I did this healing." I feel like there is no healer. There is healing that unfolds, but it's the innate intelligence that does it.

Dave: Now, when you were 12 or 14, that's the time of ego emergence.

Kute: Yes.

Dave: That's where we're forming the final stages of our ego, and the way I'm talking about this ego is the part of you that's really worried about keeping your meat alive. Animals have that equivalent responsiveness. "I need food. I need reproduction. I need to not get eaten by a tiger," and then the final stages of those teenage things. The spiritual ego is the hardest ego, too. "Look at me. I'm the best spiritual master of all," and that's a very tricky one, even for some of the personal development people that were hanging out with us this weekend. How did you avoid falling down into that trap where you're like, "Look at me. I'm 14. I'm in front of hundreds of thousands of people"? How did you not become a mini celebrity, like the L.A. kind of things, or did you?

Kute: You know, honestly, I think because I was young and because I was 14 and because it was pre-social media and pre-Instagram and pre-Facebook and pre-YouTube, pre any of those things, there was a purity, and there was an innocence that I had that wasn't contaminated with the sort of social media culture and selfies and, "Look at me." The environment I grew up in wasn't necessarily reinforcing this egoic tendency. The entire context of what I grew up in was all about, honestly, service. My parents were really devoted to God's work, devoted to being of service to humanity. Honestly, that's all I knew. That's all I knew, and that is the ocean I really swam in, and so that was my path. It was a path of service, a path of serving humanity, beyond myself.

Dave: Does that have something to do with the culture in Ghana at the time? The West African culture goes back many, many thousands of years. Do you think that was part of it?

Kute: Yeah. I think the Ghanaian culture is very devoted to spirit, to God's spirit, conscience, whatever label you want to put, but it's very devoted to that. There's a great connection to God, to the Divine, to source, to something beyond one's self. The culture itself is very self-less and service-driven. Honestly, my mother had a huge impact on my life in that I grew up watching her as a human being that was all about being self-less. I asked my mother ... I mean, it was a few years back, but I asked her, "What's your greatest unfulfilled desire? What can I do for you?" This summarizes how I grew up. Her life's goal, desire, was to do the work of the infinite, do the work of God. I think I was blessed in a certain way, to grow up with that reference that wasn't self-referencing, that

context that wasn't always about fame and ego and selfishness. It was really outward-focused to, "How can we be of true service to people?" That's how I grew up.

When I was 14, just to wrap up, I was ordained. I knew that wasn't my path. Everyone was excited. All these expectations on me took me ... There was an excruciating pain I felt, because I knew that there was a misalignment between the truth I knew and what I was living. I read a book by a guy called Krishnamurti, J. Krishnamurti, and I could really relate to his life and his path, and he was being groomed to take very this spiritual organization, and he left everything behind. Once I read his book, I knew what I had to do, but it took me four years to really muster up the courage, Dave, to have the conversation with my father.

When I was about 17, I chose not to go to university, figured life had more to teach me, and realized I had two paths. I could take the expected path, which my father set out for me, and as I looked at that path, I realized I might be successful by everyone else's standards. I might achieve a level of success and fame or what have you, but if I didn't have myself, then what the hell do I have? I felt like I was committing soul suicide if I just kept going down this path, and the pain of that was so intense for me. Then I looked at the other path, which was the unknown path, which was following my intuition, which was to leave the church, leave everything behind, going to fulfill personal growth, which is what I want to go into. Then I started reading a lot, people like Tony Robbins and Mary Anne and Deepak, who didn't have churches. They were just filling board rooms and hotel rooms, and I thought, "Maybe there's another way."

So, 17, I had a very intense conversation with my father. I had to make peace with the fact that I was not going to have a relationship with him, in my heart let him go. I had a conversation with him, told him I wasn't going to take over, and left everything behind.

Dave: Wow.

Kute: We didn't speak for ... That's the day I became a man, when I realized I wasn't living my truth and really feeling the pain of that. I basically gave up my relationship with my father, and we didn't speak for two years. I was kind of in this vacuum, and one day I said, "Okay. Universe, I've read all of these books." I read hundreds of books by this time, and I said, "If this stuff is real, this metaphysical spiritual stuff is real, then you have to guide me." Literally, within an hour, someone hands me a magazine called The Economist, and I figured it must be for a reason. I look at the back of the magazine, and it says the American government's giving away 55,000 green cards in the Green Card Lottery. I felt chills in my body, and I entered the Green Card Lottery.

Long story short, three months later, I won a green card in the lottery. That's when I knew that there was something beyond myself that was guiding my life. There was something that was beyond my mind that was unfolding my life. When I'd worry about life and stress about life, he'd always say, "Why are you worrying about your life? Why are you so stressed about everything that's happening in your life? Did you bring yourself here?" I would say, "Well, what do you mean?" He goes, "Did you bring yourself to this planet?" I said, "well, no. I just kind of showed up here," you know?

Dave: Right. Right.

Kute: He would say, "If you didn't bring yourself here, then why are you worrying? Trust." Once I won that green card, I had a real sense of knowing that something was happening.

Dave: Did you have a sense of less control and maybe even feeling a little unsafe like, "There's something guiding me, but I don't know what it is"?

Kute: Look, it was scary because I had no freaking clue where I was going. When I was 14, I just knew that I needed to come to America.

Dave: Wow.

Kute: I just knew it because, I mean, what ... California and Los Angeles because all the authors lived in Los Angeles and California, but I just felt this knowing like this is where I had to go. I didn't know what it was going to look like. I didn't know how things were going to unfold. I was naïve enough that ... 17 and stupid enough to just not question so much, but it was scary. It was really scary because I didn't know how it was going to unfold.

Dave: You literally showed up with two suitcases in L.A.

Kute: One, my green card, showed up with two suitcases, \$1,000, and I knew no one. I mean, I knew zero people. Now I think back and go, "What the hell was I thinking?" But I just showed up at LAX, told the taxi guy, "Take me somewhere safe and cheap where I can stay for a few weeks." I had no idea what the hell I was doing. Talk about plan, no plan, no strategy, just following the wave.

Dave: So, where'd he take you?

Kute: He takes me to a place called Venice Beach Cotel. It's not even a motel or a hotel. It's a cotel. It's on a little strip of ... Windward Avenue in Venice.

Dave: Yeah.

Kute: I took my bag. I'm so excited, but the reality hit me when I was alone and walked around Venice Beach, which is a little crazy.

Dave: Oh, yeah.

Kute: 20 years ago, it was crazy, and I just cried my eyes out, thinking, "What the hell am I doing? I'm in this strange country. I know no one. What am I doing?" I just cried for a few days, and then got myself together. I ended up moving to a tiny apartment downtown and just hustled, man, hustled. It was a very difficult, challenging time, but I remember sitting in my apartment that was ... It was the size of this little area, I mean

tiny, with a mattress that I literally dragged off of the pavement that someone threw out.

Dave: Wow.

Kute: That's all I had. No plan, and I remember being terrified and scared, but I found this profound peace, this peace of knowing that I was not compromising myself, this peace of knowing that I have nothing, but I have my own truth. I have my own ... If I died tomorrow, if I failed, I was following my truth, not living someone else's life, you know?

Dave: Right.

Kute: I realized I was not living someone else's life. I always thought maybe you can't be happy living someone else's life. I don't care how much money you have, what you've achieved in the world, how many people love you, if you're not living your own truth, you have nothing. That's not real success.

I think one of the things that keeps us stuck are actually all the ways that we lie to ourselves ...

Dave: Right.

Kute: ... all the ways that we bullshit ourselves, don't tell the truth to ourselves. I think that's really one thing that keeps us stuck. I mean, I'd ask everyone maybe listening to this conversation to maybe take self-inventory and ask themselves, "What lies am I telling myself?" Sometimes we play this game of, "I don't know."

Dave: What are the biggest lies that your coaching class, these billionaires, these hundred-million-dollar entrepreneurs ... What are the biggest lies that you've heard about?

Kute: Interesting. I think there's various lies. One of them ... some simple lies like, "I'm not enough as I am." That's always, I think, a lie that I think we can all relate to, whether you're a billionaire or whether you're a celebrity or whether you're a regular person, this sense of, "If you know who I am, you won't love me, and so who I am is not worthy. Who I am is not enough."

I think sometimes with that unworthiness or that feeling of that unmet need from childhood and feeling unloved can sometimes drive us to achieve to maybe compensate for what we weren't and to maybe try and prove that we are worthy, but the only thing is when you're driven by that sort of unworthiness feeling, no matter what you achieve, it's never enough.

Dave: You'll never be happy.

Kute: It's endless, endless, and so I have many clients who ... they've achieved everything, and they're still miserable. I think it's even more difficult, or even more challenging, or you're even more screwed because now that you've achieved everything that you

thought was going to make you happy and you're still not happy, it's even more painful. I think there's this lie of, "I'm not worthy as I am," or this sense of, "What I need isn't inside of me. It's outside of me," which facilitates a constant seeking outside of ourselves.

I think that's one of the biggest lies, is you're not enough, and I think media advertising is constantly distracting us. It has this investment of distracting us and disconnecting us from who we really are, because I think if we can get distracted, then we can get disconnected, then we can get sold a whole bunch of lies, like the sense of, "Well, you're not enough, but if you just, I don't know, wear this underwear or if you just wear these shoes or drive this car, then you'll finally be enough." I think we have to remember and reconnect with the truth.

Dave: It sounds great to hear that, right? Putting that in action ... If you're just sitting there listening to the show ... You're sitting in traffic on your way to your job. You don't really like your job. You're barely going to make rent this month, or wherever you are in the whole scheme of things ... you just think, "Okay. How do I make that actionable?" Yeah, maybe I tell myself some lies. I don't know what they are. How do we translate this into something that you can use?

Kute: I always tell people, "Start with asking yourself and looking at the lies you're telling yourself." For real, because we're constantly lying to ourselves.

Dave: Is there a process for that? A lie detector? [crosstalk 00:24:39]

Kute: Just take a moment and sit ... I think, deep down, we know the truth. Dave, we know the truth. We play this game of confusion like, "I don't really know. I'm not sure. I'm confused," when deep down we do have an inkling. We do have a knowing and a sense. I think the willingness ... It takes courage. It takes a lot of courage-

Dave: It does.

Kute: ... because I think we're often afraid, "If I tell the truth to myself ..." We have a sense, you know? "If I tell the truth to myself, then what will happen? What are the consequences? If I tell the truth, that I'm not really happy in this relationship, or this is not quite aligned, or I'm in this job that isn't really in alignment with my integrity, then, shit, how am I going to pay rent?"

Many times, I think we suppress the truth in order to keep our life together, which then ends up making us more miserable in the long run, and so I think even if you don't take immediate action, the courage to actually say, "Okay. This is what I really feel. This is through truth of what I really feel," and own it and feel it and actually be willing to feel the pain, to feel the pain, because many times we feel like something's off. We feel the sense of, "This is not in alignment." Because we don't want to deal with the consequences, we'll distract ourselves. We'll shop it away. We'll work it away. We'll Facebook it away, social media. It's a way in. We don't want to deal with it, and so I think the willingness to sit still and just own the truth of what we feel and feel it and to

feel what it ... What are the lies I'm telling myself? What am I pretending to not know, and what is it costing me? And to feel the pain of, "What is it costing me?"

Even if you don't take action, I think owning the truth begins a process inside. It's like the fire of truth begins to burn inside, because now if you're owning it, at least you know what the truth is, and you're no longer bullshitting yourself about what you feel.

Dave: I went through something like that back when I had been working in Silicon Valley. I had a very successful career, and it was exciting as all hell. We were building the internet, making things scale. I was at ground zero for that, and it was the most exciting thing I could think of doing, but after 10 or 15 years of that, I'm like, "You know what? Making a slightly faster router or a slightly better server somewhere, it just isn't world-changing. It isn't exciting," and I lost the luster for it. But I'm making a really nice salary, and I built a career, built a network, all the things you do when you're an expert in a field.

I remember when I decided, "You know what? I'm actually going to leave this," and this little blog I started to share all this knowledge. I think it can probably be a company, but I didn't start in ... I didn't build the list the way you were ... I didn't do all the stuff you were supposed to because it wasn't supposed to be a business like that.

Kute: Right, right.

Dave: It was just knowledge sharing. I remember just sitting down and facing that, and my wife's like, "We have two young kids. We just moved to a new country. This is the worst possible timing, but maybe you should do it." My truth then was like, "You know what? I just don't care as much about this stuff as I used to, and if I don't take this opportunity to help people in this way, I'm just not going to be happy."

It was a rough conversation, but I did do that process you're talking about to just know my truth and feel the pain, and the pain is like, "I don't have a passion for this anymore," even though it was, at one time, the most important thing I could think of to do. I did kind of step off and say, "I'm going to throw away my 20 years of building a career," because once you're out of tech for a few years, you're stale, with no idea whether it was going to be lucrative or not, whether it was going to do it. I did feel that same thing you're talking about, but I did that when I was 40 or something. You did that when you were 14.

Kute: Yeah.

Dave: Were you just born that way?

Kute: Was I born that way?

Dave: Well, this is not normal for people to do this at a young age.

Kute: Look, I was a little odd.

Dave: Okay.

Kute: But it wasn't like ... I mean, I was terrified. Okay? Don't get me wrong. My greatest fear, at 14, was losing the love-

Dave: Yeah.

Kute: ... and the approval of my father, who I wasn't close to, but he was like my hero.

Dave: Right.

Kute: I mean, he was like this huge, larger-than-life guy who all I wanted was his love, at that time. The thought of not having that, it was like death, like death. It was terrifying, but I knew the truth. I knew it. When I was 14, going in front of 5,000 people, going through my ministerial ordination ceremony, there was a pain in my heart because I knew that this was not my path. It was his vision for my life, and I was not happy. There was a pain ... I mean, I didn't cry, but inside I was crying-

Dave: Right.

Kute: ... and I felt that. It's not like I was just born without fear. There was fear. There was terror of, "What is going to happen to my life?" It took me four years to muster up the courage, but I just knew, when I felt the pain of living the rest of my life as a lie, when I felt the pain of what that would mean for the rest of my life, I couldn't do it. It was too painful.

Dave: So, not living in integrity is a gnawing pain that people feel, and as you came to L.A. and you started building your career and your mission, helping people, and you eventually connected with people where you're helping people who can pretty much buy whatever they want.

Kute: Yeah.

Dave: They've already achieved that level. How many of them were running off that same pain that you've been running off of where, "I'm 16. Because I'm seeking approval from my parents still, I'm living the life someone else set out for me"?

Kute: Yeah. I think I would say most of them, to be honest. I think many times we have an idea of what we want, or we set goals for ourselves. Sometimes we achieve those goals, and I'd say sometimes you might achieve what you thought you wanted only to realize it's not what you really wanted. It's just what you thought you wanted based on who you thought you were, the identity that you created based on past conditioning. I think many times clients came to me because they had the company, they had the money, they had the jet, they had this, they had everything, and they were like, "But I'm not living my purpose," or, "I'm not fulfilled," or, "I'm living someone else's life," and they weren't truly happy.

Look, I say happiness is simple. It's really simple, Dave. It's not always easy, but it's really simple. Feel the truth. Acknowledge the truth. Feel the truth. Tell the truth. Speak the truth. Live the truth. End of story. I think so many things that we go to temple and we pray to God about, "God, help me with this. Help me with that. Help we," we wouldn't even have to pray about because, naturally, it would resolve. For me, truth is the greatest yoga. Truth is the greatest prayer. Truth is meditation. To me, truth is a profound spiritual practice, because it will cut away so much BS from our lives. Look, you might lose people. You might lose situations. You might lose relationships, but I tend to come from the place of the people that you lose in your life as a result of speaking your authentic truth, living your authentic truth, probably weren't a vibrational match or truly in alignment with who you were anyway. I think, ultimately, there's a great freedom in being who you are, which takes a lot of courage, which is why most of us aren't.

Dave: When you're dealing with your set of clients or a room full of people ... Let's talk about someone who's really successful already ... and you tell them, "All right. You've got to face your truth," what changes do they make in their lives? What happens? Do they sell their companies? Do they get divorced? It seems like that's highly disruptive if you built something.

Kute: Yeah. I always tell people when I work with them, "I don't know what's going to happen to your life, but let's find out." My goal isn't to have them sell something or do something. It's to help them peel away the layers so they can get in touch with who they really are. Sometimes they might sell their company. Sometimes they might get a divorce, but they were miserable anyway, and sometimes they might build a new company, but what always happens when people ... I find when people connect to their truth, when they connect to who they really are, their authentic selves, the parts of themselves that they've been suppressing, is they access more joy and more aliveness and from that place of being truthful to themselves, they're alive. They're freer within themselves. From that place, then they're able to create their lives.

I gave an example. I always say, "Look, we're born free." As children, we're born, at least to a degree, in touch with our essence, divinity. Look into a child's eyes. A child will jump on a table and sing and dance and scream and shout and doesn't care if it's not Bruno Mars or Michael Jackson, just doesn't have so much self-consciousness, but then we meet our parents, and then we go through life. They're doing the best that they can do based on their conditioning, and so as children, we're born free, these balls of divine, infinite energy. We're born into this environment where we face pain, trauma, hurt, divorce, maybe abuse, some of us more than others, emotional abandonment. Sometimes there's just a sense of just being neglected, and it's subtle.

Two things happen. We start learning all these unconscious ways to disconnect from the pain of what's going on around us, and we start developing these survival mechanisms to not feel the pain, to shut down, disconnect, and we start suppressing parts of ourselves just so that we don't feel the pain of all of this stuff. As a result, we disconnect from the full range of our feeling and our emotion. Then we go into life, and we start learning all sorts of ways to ... the sense of, "Who do I need to be in order to be loved by my ..." in my case, by my dad. Maybe those listening, maybe you were loud and funny

and screaming, and one of your parents said, "Be quiet," and so you learned to shut down. You learned to disconnect, so the sense of, "Who do I need to be in order to be loved?" We start developing a persona and a mask and an identify, way of being, to avoid pain and to be loved. That creates a certain identification of what we think is me, and we say, "Well, this is just who I am."

I think much of who we think we are is not who we really are, it's simply who we've been conditioned to be to survive. Based on that survival persona or patent or identify that we become thinking this is who we are, we often navigate our life, do relationships, and set goals based on what we think we want based on this conditioned, limited version of what we think we are. The more we are locked into this prison of identity, of conditioning, I think the less freedom we have to really see clearly who we are and what is it that we really want. For me, the process of working with clients is to help them acknowledge that they're conditioned, become aware of their conditioning and the ways in which they've become conditioned, to feel the parts of themselves and the pain that they've learned to suppress over the years, and to heal that, to release that, and then, as we peel those layers away, feel what's really true, what's really there and live that.

Dave: That sounds, frankly, terrifying ...

Kute: It is.

Dave: ... my own process of doing that, and I've done many of these things. In my 20 years of biohacking and spending a million dollars on myself, it wasn't just biology I hacked here in order to be able to do the things I do and to stand on a stage without wanting to wet myself and things like that. I do know you're basically looking at facing death. That's what it feels like, anyway.

Kute: Yeah.

Dave: When you do those ... For people listening to this, they're like, "All right. Maybe I'm willing to do this." Do you need a coach to do this? Do you need a spiritual guru? Who do you go to to help you go through this process? Because don't think you're going to get this just from watching a YouTube video.

Kute: I mean, I don't think so. I'm not saying it won't nudge you along.

Dave: It will nudge you along.

Kute: But I do think having a guide, coach, teacher, whatever, someone ... because many times the eyeball can't see itself.

Dave: Yeah.

Kute: Many times, there is a egoic survival preservation patent inside of ourselves that doesn't want to dive to parts of ourselves that have worked for us in the past. There's ways of



because that just keeps this sense of me-ness going. To actually find an insight and have that become reality is death. It's scary. Is it Rumi that says, "You must die before you die"?

Dave: Right.

Kute: I think then you will be truly free, and so I think that's the process of life.

Dave: In pretty much every one of the Shamanic practices that I've interviewed people about or that I've learned, almost all of the really deep personal development books, there's a moment where people are waking up, have to face death.

Kute: Yes.

Dave: It feels like death anyway, but they don't usually actually die unless it's one of those weird ... There's an Eskimo practice where they hold you underwater until you die and then wake you back up. Let's not go there. For the rest of these practices, whether it's their rite of passage where you've got a knife and you're off alone until you get a download or whatever, there's that facing that fear and then moving forward, and that's what sets you free. It seems like that's increasingly difficult to do in the context of living in the West and all that. How can people listening to this create an opportunity, even if it creates that much terror? Is this a go do an ayahuasca? Go do mushrooms? Do something really scary, extreme sports? What do you recommend as a practice to help people face that level of fear?

Kute: I mean, you can do some of those things. For me, one thing that is just simple is to meditate on death.

Dave: Interesting.

Kute: Consciously, not in an ayahuasca seminar where you're in an altered state, because you still have to integrate it into your life.

Dave: Right.

Kute: It's to actually meditate on death, to feel death every moment of your life. The fact is you're dying on some level, at least this physical body is dissolving. I know there's technology now that's growing our capacity to live years, but we are dying. Buddha, Jesus, Bruce Lee, Muhammad Ali, we're all going at some moment.

Dave: The sun's going to go out at some point.

Kute: At some point. To actually feel it, to feel ... What's helped me is to actually feel it, to breathe it. I'm dying right now, another breath. I'm dying right now. There's not some dramatic thing, but it's a subtle embrace of the nature of this whole existence and to embrace it fully. I think if you can't embrace death and that reality, at least at the body, it's hard to fully embrace life, and it's hard to fully ... To the degree you're afraid of

death is the degree I found that there's a slight fear in really putting yourself on the line and living, and so breathing, facing death, having a spiritual practice ... Let's say like meditation, true meditation where it's not like a concentration practice or a visualization practice, but actually a process of going deep to that transcendental state where you are transcending yourself and dissolving yourself in meditation, I think, is also a practice of facing death.

One thing that really helped me face death when I was ... apart from moments of being in car accidents and literally thinking I was going to die, was being in India. I was in India for the first time. I went to a place called Varanasi. Varanasi is ... I don't know if you've been there, Dave, but it's by the Ganges.

Dave: No.

Kute: I'm going to take you. I'm going to take you one day.

Dave: Oh, I want to go.

Kute: It's intense. I warn you about the equality, not the best, so get ready.

Dave: All right.

Kute: I'll never forget going there. The Hindus believe ... It's so sacred at this part of the Ganges ... that when they die, they want to get thrown into this part of the Ganges because they won't have to take rebirth. That's how sacred it is. There's a part of the Ganges where, for about 3,500 years, there has been unbroken fire, an unbroken ceremony, and they burn dead bodies. One thing that really impacted me in facing death was going there and seeing six bodies on wood piers burning. It takes about two to three hours for an entire human body to burn, but I'll never forget ... I would recommend this for everyone. If you want to face death, go watch a body burning, right?

Dave: I'm sure.

Kute: I remember seeing, maybe five to 10 feet away, seeing this body burning from the beginning to the end, and there was this head crackling on fire, the brains spattering in front of me.

Dave: Wow. That's [crosstalk 00:46:12]

Kute: And the face and the shoulders and the hands and the feet and all the way down to the toes, everything burning. It was this profound experience of realizing, "I'm a body. That's a body, but that body's not moving. Am I just this body? Can I just be this body? Am I this body, this body that we're so identified with and freaked out by and afraid that this is going to die and, 'Oh my God, this ...'" It really opened up the question in observing this body dying, "Who am I really? Really? I know I'm going to die, but who am I that I'm saying I'm going to die?" I think if you really start questioning, "Who am I really, and

who is it that's going to die?" We're afraid of death because we think we are just this physical body. We think we're so identified with this physical form. We're so identified with the collection of memories of what we think ourself to be, but if I said to someone, "Where do you exist?" most people tend to point to, "Well, I guess here, here, here," but we can't just be this physical thing.

Dave: The physical thing doesn't really exist. As we're speaking right now, you're shedding cells. You're building new cells.

Kute: Exactly.

Dave: We're more like a current in a river, but not an actual, physical thing. It's kind of scary from a Western perspective to think about it.

Kute: Yeah.

Dave: But what you're saying makes sense. I came, I don't know, 10-plus years ago. I've done all sorts of advanced yoga and read about reincarnation and things like that. I'm not 1,000% convinced that we reincarnate, but I think it's pretty likely, but even if that's not true, I chose to build that into my nervous system's thinking, because fear of death goes away a lot like, "You know what? When I die, as long as I can make my body believe I'll get a do-over later, a lot of the fear and stress can just go away."

So, I'm willing to rationally go, "That may all be complete and utter bullshit," but adopting that belief system, at least at the irrational parts of my mind, sure makes dealing with life-threatening situations a lot less of a fearful thing, knowing full well that, yeah, I could die and it could be over. I think that's unlikely, but hey, it might happen, but still, as long as I just let enough of me believe that other thing ... I might die tomorrow. We all might die tomorrow, but-

Kute: None of us know when the moments come.

Dave: Yeah, and we don't want to face that. All right. You're sitting across from a billionaire or near some A-list celebrity person and you're telling them, "You're going to die, and you're afraid of it." Do they just tell you to go screw yourself? How do they respond to that?

Kute: Honestly, I tend not to just say that.

Dave: Okay.

Kute: That's usually not the first conversation.

Dave: Sure.

Kute: Usually, I work with them, and I explore, and I take them through some processes that just give them awareness of their entire conditioning and how they've come together,

their makeup. I give them insight into seeing who they are and how they've become what they've become and how that's limiting them, and they start having insights and awarenesses themselves. Once people see how their conditioning is limiting them, usually they're open to going beyond it. Usually, they're open to going ... and our conditioning is not who we are. It's just our conditioning.

Dave: It's definitely ... I believe all those things because I've lived this. That's been the path that I've walked through, but I haven't seen bodies burned. I think the closest I came to that was in Tibet, the headwaters of the Indus and Ganges around Mount Kailash. You see these incredibly large black birds. They're either crows or ravens, but they're way bigger than they have any right to be, because there's no food there. This is hundreds or thousands of miles of very sparse vegetation. There's nothing, but these birds are just fat and big. The reason for that is that the Tibetan sky burial is still practiced there. When you die, they cut you up into pieces and feed you to the birds.

Kute: Wow.

Dave: This way, you won't compost if they bury you in the soil because there's no life in the soil that way, and there's no fuel to burn you because they take all the yak dung. What else are you going to do? Feed the birds, right? You see these huge [inaudible 00:50:31] and all those are basically signs of death, but they're not omens of death. They're just like life returning to life, and I remember thinking that and experiencing that and going, "That's incredible." In fact, if I had a choice of ways to go when I'm dead, I think a Tibetan sky burial is pretty awesome.

Kute: Yeah.

Dave: But it might be kind of hard to do that. I know the person has to be very healthy, because I'm so healthy. I feel like a Botox and Bulletproof bird. I'm kidding, but I did experience that, and certainly a lot of the Tibetan things I was learning were all about death. You actually take people through something called Liberation Experience in India, and you actually taken them to this part of India where they do that. You just get a group of people and go to these sacred spots? How does that work?

Kute: The Liberation Experience came about out of my own journey. I first went to India, as I was sharing, and basically I had an experience on the back of a train, in the poorest section in India, sardine can situation, with this woman who, if you sold everything she had, her net worth is \$10. The head of her child, one of her children's, hanging off the train. I thought, "If this kid fell out, nobody would even notice," and my heart broke feeling the suffering of humanity, and I thought, "How do we live in a world where we can send people to the moon and this technology and internet and iPhones, but we can't feed the ... How can we not feed a child? This is crazy."

My heart broke in feeling the suffering, and then I looked at this woman an hour later. I looked into her eyes, and I felt like what was living me was living her. There was no separation. There was just oneness, and I had this vision like, "What would it be like to

take world leaders on this trip, a trip to India where they're actually having this experience?" George Bush, Bill Clinton, Oprah, Sergey Brin.

Dave: You haven't brought them on your ...

Kute: No. I have no [crosstalk 00:52:25] I can talk about, which is why I can say those names.

Dave: Right, right.

Kute: But I've taken some pretty heavy-duty people.

Dave: Okay.

Kute: I thought, "What would it be like as a result of certain people who are in leadership positions transforming, and as a result their own transformation, awakening, awareness, connectivity, how will they use their resources and platforms to impact society?" Then I forgot about it, built my coaching business, became known as a transformational coach. 2006, I had a download, a vision, that said, "Create that journey." It wasn't a group journey, Dave. It was a one-on-one journey. Basically, I take away your money, take away your passport. You have a backpack, a pair of clothes. You're stuck with me for 12 to 14 days. You have no idea where you're going. I make you sign your will in case you don't come back. You write letters to everyone in your life in case you don't come back, make you face death, and I take you-

Dave: That's pretty intense.

Kute: ... for 12 to 14 days through the bowels of India, but really what I'm doing is not a tour. Really, what I'm doing is I'm creating an inner journey that really forces you to face your fears. I mean, we often think we're free, but the moment you take away someone's cell phone and someone's makeup and someone's clothes and someone's status, it's like, "Who the hell are we, really?"

Dave: Right.

Kute: It's a deep-dive process that was a one-on-one journey in probably seven years. I don't do them anymore. In seven years, I did about 19 journeys-

Dave: Wow.

Kute: ... that were really special and amazing and deep and, I mean, life changing. That became known as the Liberation Experience, the one-on-one journeys, and they were deep, but it was really a journey of death and freedom, because we think we're free. We think we're free, but so often our freedom is dependent on all these things outside, this being a certain way, my wife being a certain way, life being a certain way, the government being a certain way. I think when our freedom is so dependent on these things, it's like how do you find an inner source of freedom within yourself that isn't dependent on, or less dependent on, things outside? I would put people in situations

and create situations that really pushed people's buttons and forced them to find an inner freedom.

Dave: Do the tools that you work with, including Liberation Experience type things, do they work the same way for men and woman?

Kute: Yes. In regards to Liberation Experience, which is in India, no.

Dave: Yeah. There's a [crosstalk 00:54:48]

Kute: Because what I do with men in India, what I used to do with men in India, was I think men grow more, at least a masculine grows more through challenge and pushing them to the edge, and just when the masculine thinks, "I'm going to die. I can't go beyond that," now we start, and we go beyond that threshold. I think men grow more through challenge. With women, it was very different. I kind of made a mistake of trying to push the same way, and it completely backfired. On my first journey, really what I had to do with the feminine was actually create a space for her, for this woman, to actually feel so safe, to be able to let go of all the ways she typically has to hold on to her control and you could say almost masculine edge in life, in culture, that really allowed her to let go. In that letting go, I found that the women I worked with were actually able to just unravel more.

With men, I was much more direct and in your face and intense, and with women, that didn't work, so I would have to kind of go around the back door, in the side door, and it was a totally different kind of process, with quite a lot more presence, a lot more sensitivity, a lot more connectivity, and it was a much more indirect, non-linear process.

Dave: But it still resulted in speaking your own truth, waking up your own truths.

Kute: The result was the same.

Dave: But the path was a little different to get there.

Kute: Yeah.

Dave: That makes a lot of sense.

Kute: I think it's important for women to honor their own unique process, because I think a lot of women try to force themselves into masculine modes of transformation, and that's great. I think everyone should do whatever they want, but I've found that the path is often different.

Dave: It feels like a lot of the modern personal development stuff tends to be a little bit more male oriented, a little bit more masculine.

Kute: Much more, yeah. Much more, yeah.

Dave: That's why I like hanging out with you. Girls, here we are, two guys talking about how women can do personal development. Neither of us, at least in this life, is a woman, but there are emerging leaders around women's personal development, and some of them are men working with women. Some of them are women. Some women work with men. It's not just cut down by gender, but it feels like there's a different path-

Kute: There is.

Dave: ... that there's common truths to all of humanity, but the way to access them might be different based on-

Kute: If you look at a lot of the old spiritual practices that were passed down through the Yogis, there were meditative techniques that were created by men. Everything was about unmoving, consciousness, stillness. In meditation, you don't move, and that's a very masculine path. I think, for the feminine, the feminine is ... The masculine is this unmoving depth of consciousness. The feminine is life itself, the weather, the movement. It's movement. She is movement. She is dance, movement. I think the feminine path can be a lot more ... It doesn't mean men couldn't access that, but I think a feminine path is also a lot more embodied, through the body, through the movement, through the body, accessing the body and allowing the body ... realizing that honoring the body and the world as the body, your body as part of the Divine, is equally valued than sitting in a cave and just not moving.

Dave: Yeah. My experience has been that women are actually much better biohackers than men ...

Kute: Interesting.

Dave: ... because a guy like me, I'm going to get the data. I'm going to think my way through all this and all this, and a woman would be like, "You know, that doesn't feel good," because the more embodied ... and, of course, this is being stereotypical because some guys-

Kute: Yes, of course.

Dave: ... are embodied, and some women have no idea what's going on in their body, but if you're flipping a coin and playing the odds, I don't know why that is. I can hypothesize, but I just experienced that over and over. It's like, "Oh, that's not working for me."

Kute: Yeah.

Dave: Right? For me, well, I did it for two years before I finally hit a wall and was like, "No. This hasn't been working for me for two years. I wish I would have figured that out." My own path has been ... I can actually listen to my body way more than I could before, but it feels like there's just something to what you're saying around that.

We're coming up on the end of the show. I feel like we could talk for another two hours, but I have a question for you.

Kute: Sure.

Dave: Now, you've lived a very unusual life. You'll probably have a cool answer for this, but if someone came to you tomorrow and said, "Look, based on everything that you know, everything you've learned, I'm looking for some advice. I want to perform better as a human being. Tell me the three most important pieces of advice you have for me," what are they?

Kute: Number one we kind of touched on, face your death. Face death. You are going to die. I don't care who you are. We are all going to die, so face it. Embrace it. Make death your friend, because if you hold death close, hopefully ... not in a morbid way, but I think it will inspire you to realize you don't have time to waste. You don't have time to mess around. You don't have time to not follow your deepest truth, that every moment that is wasted is a moment you can't get back. At the end of life, wherever we go, you can't go up to God and say, "Please give me a refund." I'd invite each person to face their death. For me, that has been a huge motivation to just live fully and optimally, so that's one.

The other thing is surrender. The reason I say that, you asked the question of ... How did you phrase your question?

Dave: You want to perform better-

Kute: Perform.

Dave: ... as a human being, but not at your job, at being human.

Kute: Surrender, because I think when you really surrender yourself to life and trust and get yourself out of the way, you allow yourself to catch the flow of life that's already happening. I think life has a rhythm, and life has a flow. There's an intelligence. The same intelligence that's breathing me is breathing you. The same life force is breathing seven billion people, functioning all of existence. The same intelligence is functioning the sun, the stars, this whole amazing planet. I think the more we can surrender to that and get ourselves out of the way, the more we catch the flow, and I think life unfolds in ways that we cannot imagine.

I think we're able to perform better as human beings that way, when we go back to the simple thing, but most important is tell the radical truth, feel the radical truth. The degree of aliveness you feel in life is in direct proportion to your willingness to live and tell the truth, and the less withholds you have, the less lies you are carrying, the more alive you will be. I think the less you are suppressing, the more alive you are. The more alive you are, the better you'll perform. Live the truth. To me, that is freedom. When you're free, I mean, you're going to flow. You're going to perform.

Dave: Face death.

Kute: Face death.

Dave: Surrender.

Kute: Surrender.

Dave: And ...

Kute: Speak the truth. Tell the truth.

Dave: Speak the truth.

Kute: Live the truth. I look at people like ... I'm inspired by people like Gandhi and Mother Teresa and Martin Luther King, and people might say, "Oh, surrender, that sounds so ..." All of these people, the great ones, were great, truly great, and I think what they achieved they could not have achieved with just their own human egoic mind. They surrendered to something that was way bigger than themselves, and they plugged into that stream of infinite energy. That intelligence of life is what uses them. It lifts through them, and so I think when we surrender, we open ourselves to not just asking ourselves, "Well, what do I want?" but really, what does life want to express through me? When we allow that, that's when I think magic happens in life.

Dave: Beautiful. A profound answer, which I would expect given all the cool things that you've lived and done and discovered. Kute, where can people find out more? Your book is You Are The One.

Kute: You Are The One.

Dave: Is there a website where you teach people and things like that?

Kute: A couple of things. If people want to find out more about the book, they can go to Amazon, obviously. I have a website, [YouAreTheOneBook.com](http://YouAreTheOneBook.com), where they can get some free gifts. My main website is [KuteBlackson.com](http://KuteBlackson.com). Find out about my events there. Also, if anyone's inspired to maybe take a deeper dive, [BoundlessBlissBali.com](http://BoundlessBlissBali.com), where I do my deep-dive event twice a year, in Bali.

Dave: Beautiful. It's been a pleasure having you on this show and getting to know you. Thanks again and appreciate it.

Kute: Thanks for having me.

Dave: If you liked today's episode, you know what to do. Head on over to Amazon and pick up a copy of Kute's book. It's a fun and inspiring read. We didn't talk anything about ketosis. We didn't talk anything about eating Bulletproof bars or any of that other stuff, although I have it on good authority that Kute may actually do that. However, that doesn't really matter, because read the book and face your own death and do the deep,

heavy-duty stuff, because my experience has been that if you get your biology working at least halfway, it's a lot easier to do the hard stuff that we just talked about here.

When I was a fat, young guy, with a brain that didn't work very well, I didn't have the energy to face death, much less to do half the things I wanted to do. For me, the path of my own personal growth has started with biology, which is why some of my books start like that, but even if you're not where you want to be, from a health perspective, reading about the stuff that Kute writes about, it can inspire you on multiple fronts. Your job is to build up your energy so that you can do more of the things that you want to do, and that energy that you liberate, that you free up, can go into the kind of work that we just discussed on this show. I hope it was of service to you. I hope you enjoyed it.

If you liked this show, leave a review on iTunes. Go to [Bulletproof.com.iTunes](http://Bulletproof.com.iTunes). We'll take you there, and then after you read Kute's book, go to Amazon and leave a review for the book, so people can actually say, "Oh, this is worth my time to read, " that is if you find it's worth your time to read. I'm pretty sure you will. Have an awesome day.