

Finding Joy, Building Community and Raising Your Own Pork – Radha Agrawal – #874

Dave Asprey:

You're listening to The Human Upgrade with Dave Asprey, formerly Bulletproof Radio. And as usual, the live studio audience for my mentorship and membership group, the Upgrade Collective is on board with us. So you may hear a few questions from our live audience. If you'd like to join the live audience, ourupgradecollective.com is where you go. Along with being in the audience, you get to ask some questions here. I've got my coaching staff and me, calls every week, big vibrant community, people who really have your back. It's one of the most fun things I've done in years, ourupgradecollective.com.

Now, today is going to be a lot of fun, because we're going to talk about Biohacking Joy. And now, if you're a hardcore medical science person going, "I am a meat robot. What does this mean?" Well, we're going to go into it, and this is someone who's done some really powerful stuff and is just a joyful person in general, when she's not out killing pigs. We're going to talk about that later. Oh, no, I outed her as a farmer. But we'll get there. And she's CEO and chief community architect of Daybreaker. And if you don't know about Daybreaker, you've been missing out. These crazy people, and I say this with affection, wake up in the middle of the night. It was 5:00 AM or something?

Radha Agrawal:

6:00 AM.

Dave:

6:00 AM. Okay, we have to wake up at 5:00 and drive there. It's still dark, guys. It's dark at 5:00 AM. I've only seen it once or twice when I stayed up that late, usually at Burning Man. But anyway, they wake up then, and about half a million people do this. And they wake up and they do the equivalent of a rave but without alcohol and all that stuff just with coffee. And yes, when I was running Bulletproof, I would send Bulletproof Coffee to Daybreaker. And Radha Agrawal's also co-founded, sold and invested in lots of nine figure businesses. And of course, when you do that you write a book or two, oh, and you become a DJ and things like that. So Radha, welcome to the show.

Radha:

Oh, my God, it's good to be here. Hi. Hi, Dave. I love you. Hi, everyone. The audience, hello.

Dave:

One of the things I wanted to talk about on the show with you today is Daybreaker plus, which is where you actually have created a joy practice membership group and a movement method that are tied to eight virtues of joy. Now, guys, I'm pretty structured and very curated. There's thousands of people who are trying and get on the show because it's got a quarter billion downloads and growing. So I know Radha personally, and she actually lives what she talks about. She's just a joyful person. She's got this childlike excitement, I would say curiosity, but it's not just curiosity, it's joy. But eight types of this. You see how they're structured or what she does, it's not just random. And we're going to learn that stuff. So Radha, I actually don't know where to start here. Let's talk about one of the companies that you co-founded, Thinx. Tell me about what it was like and how successful things has been so far.

Radha:

Oh, my gosh. So first of all, thank you for that really beautiful introduction. I'm blushing. But yeah, I think that everything that I think about, I think why we are such good friends is that we are always thinking about how to disrupt the status quo, and I think Thinx really was an invention that my sister and I created together with another friend to really invent a new way for women to feel empowered.

Speaker 1:

With Dave Asprey. With Dave Asprey.

Radha:

Thinx really was an invention that my sister and I created together with another friend, to really invent a new way for women to feel empowered. And during our time of the month or periods, we often will feel disempowered. And this underwear brand that we started was a way to not only support and protect us in these very tender times of the month, but also to support the 100 million plus girls in developing countries who are also missing school because of something as simple as their periods. And so that business, we launched in 2012. And I think it really just took off because tampons and pads were invented by men, which is crazy. Men don't know really what's happening down there and women, to be a woman founded business to support women born issues, I will say I'm really proud of. Yeah.

And so I think one of the reasons it took off is because there really wasn't a solution that was both sexy, beautiful, interesting, thoughtful in the way we talked about it, that wasn't just a bunch of girls running in the field of daisies, it was really just a really a different way of telling the story of menstruation and menstruation management. And I think [crosstalk 00:06:56].

Dave:

It became a pretty giant company.

Radha:

It did.

Dave:

And it's very disruptive, it's environmentally better than what we have today. And it's weird, putting a whole bunch of chlorine byproducts and asbestos and all sorts of other weird stuff right up against a mucous membrane on your body for a week every month or something seems like a bad idea. I think I can do better.

Radha:

Oh, my gosh. [inaudible 00:07:22] there's a host of-

Dave:

Basically, that's cool. But over the course of nine years now, it became a giant company that actually changed things. Were you this joyful when you started doing that? Is this a built in thing or is this something that you had to build? Because every time I've ever seen you, even when you're working on tough stuff, you have a capacity for being pissed off or suffering or something, but you have this joy thing that you just roll with. What-

Radha:

I mean, joy is a practice. And I think-

Dave:

It's a practice. So this wasn't innate, you weren't born that way and you were 12, like, "I'm so happy." Then you were 21, "I'm so happy."

Radha:

Probably, I think as a twin, you always have someone that's laughing with you. And I have an identical twin sister who we were always each other's biggest cheerleaders. And I think that's one of the reasons why I have been successful in my life is because when you find somebody or a community with whom shares your excitement or your joie de vivre, I think that really helps. But I also think that I've had hostile takeovers, I've had really painful breakups, I've had a really difficult moments in my life that had it not been for an orientation to joy or having a really thoughtful joy practice, I probably would be in a really different place right now. But I do think that yes, my orientation has always been to joy. I think in difficult moments, you look to that toolbox to support you.

Dave:

Okay. So you've had a hostile takeover thing. We've had a chance to talk about that offline and all. How long did it take you to bounce back from that? And I'll tell you guys, it is emotionally tough when you're a founder, and then a bunch of people come in and start taking things off the wrong direction and lock you out of your own business and stuff like that. How long did it take you to bounce back from that?

Radha:

I dove right into Daybreaker, I literally took all that suffering, all that pain, instead of just burying my head in the sand. I just focused all my energy and all my, I guess transmuted frustration into a community that really helped me move to joy and I think dance really is a gateway to joy. I think dance is also a good great way to transmute pain into teachings and what I now see as these hostile takeovers as my angels and giving me really important lessons early on in my life so that the rest of my life, I won't make the same mistakes again.

So I do think that having had opportunity to move that pain... Though I will say that today, even when I talk about it on stage, when I'm giving talks or if I'm maybe sometimes in an interview or something like this, I might just get caught and there are tears. And I think that with anything, these are your babies and you love them and you give them so much of your heart. I gave five years to this company. And gave, gave, gave this my all and so that was really painful. But I think that these are lessons that if you learn to just again, transmute it, and I think movement is such an important part of that, which is why I think practicing joy is such a brain body experience, not just a brain experience. I think that was the beginning of that journey to really understand that transmutation from pain to joy and gratitude. But it was hard. Really, really hard.

Dave:

You talked about a way to heal from that. And it's painful when you get victimized by someone, I don't care if they have a legal license or if they're an investor or just a bad employee who accuses you of just not even existent things. And most entrepreneurs have had all three of those happen at least once. And in each of those cases, there's a process you go through, especially at the beginning where it feels like a personal attack and eventually you're like, "This is just business," it doesn't bother you anymore, because you realize this is just a wounded person acting out, and we have appropriate insurance and

defenses and go handle that stuff, call me if you need to depose me because we've done everything right. And we have all our records in order. All right, I got you, done it for. And that's where I am now. So it's the same about being a hard target, it's just by being a nonchalant target, who's well protected.

But what you did for healing, okay, I've talked about trauma healing, EMDR, I've talked about therapy, breathwork, psychedelics, but I've never on the show talked about dance as a healing modality.

Radha:

Wow.

Dave:

And that was the first thing you went to. And I've talked maybe about five rhythms dancing a long time ago, in passing. And I've done some actually really profound work early in my own trauma, sitting around some psychedelic dance and I go to Burning Man, and I'll stay up till dawn and dance and it is healing. But when you talk about dancing for healing, you make me think of a few stories even like some radical paraplegic things, like people have profound injuries suddenly heal them in three months of dancing.

Radha:

That's right.

Dave:

What's your data? Or what's your take on dancing to heal?

Radha:

Totally. So first of all, thanks for asking this question. Because to me, this is the new frontier of healing. I think that yoga, meditation, forest bathing, all these practices live in that space of prescribed by doctors as a healing modality. But dance continues to be the redheaded stepchild where, dance actually is the original healing modality that exists on the planet. And I'm measuring it now with UC Berkeley in the Greater Good Science Center. So I partnered with Dr. Dacher Keltner, who is the principal and founder of the Greater Good Science Center, the number one behavioral science lab on the science of happiness. And we are embarking on this really exciting, new study together where we're going to be studying dance and collective joy.

And I think one of the things about 5Rhythms which I think is so special, but it's still a very individualized, you're dancing and quiet, no talking allowed, no eye contact really allowed and you're just in a space together, but not really in a truly collective experience. Which by the way, I love 5Rhythms, I think it's truly wonderful modality. But what I think really the new frontier is this idea of collective joy, collective dance. When you go to Burning Man, it's like you're there though the substance issue can often be the... It might not be supportive of your healing. So sometimes if you're taking all the substance that you take at a festival, you need to be sober, you need to be in collective joy sober to really experience that true euphoria on your own and to practice that.

And I think that yes, of course there's beauty in some of the substances and the medicines that we take to feel that, but I think to really practice being the pharmacy in your own mind to really practice unlocking your own dose, which I coined and it's basically your four happy chemicals, your dopamine, your oxytocin, your serotonin and your endorphins. And if you can do that in a collective experience with music and dance, with the sun beating down your face, without substances, that is actually the true

antidote for loneliness, anxiety, depression. And it's also the most ancient form of celebrations, most ancient form of human experience around just dancing around a campfire, being in a moment of reverence for whether it's a totem that you're worshipping or whether it's a celebration for the fall harvest. We forget that dance isn't just a fun party thing.

But dance is actually essential to the human experience and essential to joy, essential to moving through pain, essential to remembering your self expression, to remind yourself that, "Oh, right, when I'm done with dogging, I'm following a teacher, I'm being told what to do." But to allow your body to move the way the music is just moving to do so, and to be courageous enough, and courage being a virtue of joy, but to be courageous enough to actually allow your body to move the way the beat takes you, that's a joy practice, and that is healing. And that takes you to presence. But that takes you to a state of mindfulness, it takes you to also move, it takes you to creativity, it takes you there's so many states of remembering who you are, that no other form or modality can do or take you to, especially when you're in a collective experience.

Dave:

You reminded me of Steve Aoki. So I got to go to Steve's house a while ago and interviewed him about his book, which is actually a really cool book. And Steve's another joyful guy, super famous DJ and all that stuff. But you watch him go to the left, left, left and right, right, right. And he's doing the fist bump thing, and you see 200,000 people doing all of that at the same time. There's some weird, primal thing that's similar to what you do, you go to a sporting event and, "Oh, our guys are winning," and everyone cheers, and everyone feels good about it. I feel it more with dancing than I do... I just don't really care who wins, sorry, on the sporting events stuff. I like the professionalism. So do you think there's some old biological thing we're doing? Is this tapping into tribal-

Radha:

Absolutely.

Dave:

... something? What's going on there?

Speaker 1:

With Dave Asprey.

Dave:

Do you think there's some old biological thing we're doing, is this tapping into tribal-

Radha:

Absolutely.

Dave:

... something? What's going on there?

Radha:

Absolutely. I think that there's something that happens, vocal toning when you're chanting together, when you're screaming together [crosstalk 00:17:54]-

Dave:

Yeah, chanting for sure.

Radha:

... sing a song, it's vocal toning, and you're actually finding the same vocal sound as a population, as a collective, that actually really connects all of our systems together. And you end up feeling smarter, you feel more joyful. Your serotonin releases, you feel a sense of, "Wow, this is bigger than myself. I'm part of a community, I feel a sense of belonging." And all of that, yes, it's tribal, but there's also science to back it up. There's all of this data now that when you sing together, when you move in unison together, which is why we're measuring with this study that we're doing, what is actually happening in your brain, when you move to music in unison? What is happening to your serotonin levels? What's happening to your dopamine levels?

So we're actually going to be measuring all of this with cheek swabs, with facial recognition software, we're doing pre and post survey responses to really actually measure what is happening to the human brain and body and our systems when we're dancing? So yes, it's tribal, yes, it's primal, but there's also science behind it.

Dave:

The first year I went to Burning Man was 2011, and in the camp next to us, there was a leading neuroscientist for the military, who was a top expert on substances. And we looked at a group of people dancing, and he looked and he said, "That one's on ecstasy, that one had acid, that one had mushrooms." And he could literally tell by the way they were dancing and moving.

Radha:

I can too.

Dave:

And I validated that with my wife, who's a drug and alcohol addiction, emergency medicine doctor by training. She said, "Oh, yeah, you can spot movement differences, but he's really good." So I'm thinking your AI software that's looking at faces, you could probably look at how people dance and pick out what substances they're on, and then you'd have great data.

Radha:

Absolutely. So there's several things and it's brand new software. It's just now being approved for use in this lab setting. But essentially, we're going to put essentially videos all around the dance floor, and we're going to be able to track what's happening to the facial expressions from states of stasis or sadness or confusion or insecurity or anxiety to states of joy and elation and states of euphoria. So it's a really interesting software that Dacher actually just made me aware of, Dr. Keltner at Greater Good Science Center. He actually also does all of the consulting for Pixar, for Inside Out and for Soul, and he did all of that. He essentially really supported the storyline and the design thinking for these movies, because so much of it is connected to the brain and what's happening in your mind.

So he's a really interesting pioneer. He's reading a book on awe right now, and it's just to have someone like him, supporting a comprehensive study, the first comprehensive study on collective joy and dance is extremely exciting and we'll have, hopefully, data by mid next year. So really exciting.

Dave:

I'm excited to see that because there's joy, there's awe and one of the reasons I tell people-

Radha:

[crosstalk 00:21:20]. To prescribe-

Dave:

You what?

Radha:

To then to prescribe joy to have doctors prescribe not only joy, but to prescribe collective dance experience. Could you imagine a doctor prescribing Burning Man or Daybreaker or some community dance experience or ecstatic dance or other dance experiences, collective dance experiences as a antidote to loneliness, depression, anxiety, any type of mental ailment to be able to not just turn to quiet forest bathing, sitting in a seat quietly, closing your eyes, meditating, tapping, all of these beautiful practices that are internal, are so important to the state of, I'm traumatized to I'm okay now.

But the real delta, the real opportunity that I'm seeing, so I think there's so many epic humans in this space of from trauma to okayness, I'm now no longer in trauma. I'm now feeling good. But we need more people in that delta of, okay, now I'm good. But now what? How do I make friends? I'm no longer in my just myopic, how do I get through my trauma, but now I'm okay, I want to see the world, now how do I make friends? How do I find joy? How do I actually do the ecstasy, the euphoria of life thing without having to take substances to get there?

And I think that's where joy practice comes in, that's where Daybreaker plus comes in. That's where this platform that we brought together to curate a space for those who are like, "Okay, I'm good, now what? How do I learn how to be my own pharmacist? How do I learn to unlock my happy neurochemicals? How do I learn to biohack joy?" And that's the exciting opportunity right now.

Dave:

So do you think that is it Merck or Pfizer who would buy Daybreaker once you prove all this stuff?

Radha:

Oh, my God. We've had a million investors knocking down our doors over the years and we've never taken one investor, because Daybreaker is for the people by the people. And I'm really proud of that, because I've raised money for many, many businesses in the past, but this is one project that I feel so protective of that so often when you start a business, the investor and the founder have the same interests, but over time there's divergent interests, the founder has continued interest in supporting the cause issue that they care about, they continue scaling that need, but then the investor over time, unless they're purpose driven investors, but most investors still are the diversion needed, when are we going to sell? What's the exit strategy? Where's the revenue? Where's the exponential growth hockey stick charts?

So I think that's really what I've seen over the years, is just like initially, it's a giant love fest and then there's divergent interests over time. And so I was like, "Fuck that," pardon the French, "I'm not doing that anymore. And this is going to be for the people, by the people." And so we reached-

Dave:

I love that.

Radha:

... 100,000 people around the world. We're in 30 cities around the world. We are a very, very big business now, but the buck stops with me. And so anything we want to do with anyone in the world, it comes through me and I vet them for authenticity and whether they're... I can now smell shit so far away having been through all of [crosstalk 00:25:09].

Dave:

That's what you get from having had investors like that-

Radha:

Yeah. I've seen it all-

Dave:

... so your BS detector is through the roof. All right. I love that.

Radha:

So I can tell, and it's an easy yes. If it's not a fuck yes, it's a fuck no.

Dave:

I love that. You guys listening, that is really good advice for everything in your life. Your body always knows. You've done some really interesting stuff because I mean I have my Biohacking Conference, and COVID put all live events through a thing. And here you are, 2020, you're touring with just Oprah. Whoa, A, congratulations, that's amazing. And their brand that was called Weight Watchers. So what happened when COVID, well, I'm sorry when the government response to COVID hit?

Radha:

Yeah. So yeah, we just finished this nine stadiums sold out arena tour with Oprah or Daybreaker, where I was on stage, the first voice onstage. It was a wild 30 minute party that we threw in nine stadiums before the queen came on. And then COVID happened and it was just truly the wildest whiplash from going from like, Aladdin, it's like, "Great big world." To itty-bitty living space, like in the lamp. And it's really what it felt like, it was just like us in these giant arenas into our home. And we were in our home, and all of a sudden, I started getting phone calls, we were three days in and I started getting phone calls from our community wondering what are we going to do? How are we going to do this? And to the real courage of our team, Eli and Tim and our whole team, they were just like, "Radha, let's do this." And we were like, "All right, what are we going to do?"

So we figured out how to really design an experience for the 2D environment. And I think that when as an experienced designer for the 3D environment, for the 5D environment, we're always thinking about our neuro chemicals, we reverse engineer our experience design through our brains, we biohack our brains to design experiences. And when we had to actually go back to the lab to really think about, how do we actually create an environment where people feel a sense of belonging, where we again, biohack that joy, make them feel that sense of connection, they're there, but in a very limited 2D environment, when they're also at home and not feeling the inertia, the energy of collective joy.

So it was a really interesting design challenge for us to really... It wasn't just like, "Let me just take my yoga studio," or whatever, at this point, "and shoot a camera," which is what most people did. It was like, "Let me just shoot a thing and then do my yoga class regularly without any thinking that, "Wait, the 2D environment is a totally different experience than a 3D environment, than a sensorial environment."" So we really spent a lot of time understanding all of the tech that existed out there. So we spent hundreds of hours on Zooms, on YouTube videos, on tutorials, on just whatever we could get our hands on to figure out how we can cut me out of a green screen and put me in front of a friend just so I can dance with them in their living room. But it felt like we were dancing together, but really, I was in my room and they were in theirs, where we could really reimagine an experience for people in their homes, but they felt like they were part of the connected community.

And I think that level of thought and design thinking is why we were so successful during COVID and we grew our community from 30 cities to 1500 cities around the world. And we served over 200,000 people during COVID and we had incredible artists, we had Boyz II Men singing End Of The Road as a closing performance. They were [inaudible 00:29:19]. They were like, "I'm not going to do," so they came on and sang End Of The Road. We had Gloria Gaynor singing I Will Survive, very apropos for COVID. We had with Gloria Estefan singing, we had Los Del Rio doing the Macarena, we had the Village People singing Y.M.C.A., we got so many epic heritage artists coming on the line to party with us.

And it was really cool to think about, yeah, how people could feel. And our net promoter score during that time was 80, 90% and it was so cool because if you looked online, everything was so 1.0 just like a sad camera in a room, pointing at someone doing a class of sorts. And I just think that we're constantly pushing ourselves to give people an experience that really, really again, unlocks biohacks, your dopamine, your oxytocin, your serotonin, your endorphins and everything that we design at Daybreaker, everything we design in the world of experience, we think through our neuro chemicals. We think through how is someone going to unlock and release each of them at a given event?

So most events, you might get your dopamine from listening to music, you might get your dopamine from getting there and buying a ticket, you might get your endorphins from dancing, but you're not going to get necessarily your oxytocin from maybe no one's giving you hugs or touch. Maybe you're not getting your serotonin because it's a dark dingy club and not outdoors. There are so many ways we're not thinking about reverse engineering. And anyway, so that's I think, why we were successful during COVID.

Dave:

So you were hacking people's neurotransmitters and they didn't know it.

Radha:

Yes.

Dave:

Which is pretty cool. I would like to point out too, you have joyblueprint.daybreaker.com. You have a whole survey that basically is predictive of these things. And for people who have been listening to the show for a long time, I had Dr. Love on the show. And I know, Radha, you know about Dr. Paul Zak. This is going back five, six years. And he spoke at one of the conferences that I put on, and he was talking about how you could use a survey to be as predictive as lab data, like from your blood of your oxytocin levels. And I know the science as progressed a little bit. And so you guys put together a pretty neat, a joy quiz to figure that out.

Radha:

Yes.

Dave:

When people do the Joy Blueprint, what are they going to get? What does it tell them?

Speaker 1:

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Dave:

When people do the Joy Blueprint, what are they going to get? What does it tell them?

Radha:

Yeah. It's a 40 quiz, that's really cool, by the way. But it's a 40 quiz, I want to meet her. But it's a free joy quiz that anyone can do. And essentially, you can, by answering the 40 questions, we worked on this with UC Berkeley and the Greater Good Science Center to get it right. But essentially, once you answer these 40 questions, you'll basically get your joy blueprint spit out to you, which essentially analyzes your neurochemical needs. So you'll say, "Okay, Dave, your three parts dopamine, two parts oxytocin, four parts serotonin, one part endorphins." And based on your prescription of parts, those are the number of classes that you're prescribed to take every single month.

So let's say you're four parts dopamine, you're invited to take four dopamine classes on the Daybreaker plus platform to basically fulfill your prescription of dopamine classes for that month. If you have two parts of... And then you can sort and organize the classes on the platform, by neurochemical and we also organized it by color. And each one, we did a lot of research again on color and experience design for the 2D environment again for classes and for teaching classes.

So each of our dopamine costs are set against nature, because nature is a joy practice, walking in nature. So they're all set against nature. The color of dopamine is a turquoise, which is all about moving things, it's the color of money in some ways. It's getting things done. And so that class series is a certain color with a certain palette behind it. Oxytocin is pink, because it's all about gooey, intimacy, love and so it's a nature scene with pink behind you. Serotonin is yellow because serotonin is your mood stabilizer. And yellow is the color of joy. And then endorphins is purple. It's all about euphoria and vitality. And the classes are the green screen background is nature purple background filter. And so they're all really fun to do because they're also Art Forward as well in their design. Let me just plug my phone in. I mean my computer, it's dying and I realized I-

Dave:

Let's not run out of power.

Radha:

Yeah.

Dave:

It's off brand. Supposed to be dancing, we're supposed to be talking about upgrading your energy and-

Radha:

I know. I know. Well, maybe we should get up at the end and do a little one song dance party with everybody. I'd be down.

Dave:

We could totally do that. I ran into a bit of a challenge when I was doing my Joy Blueprint. Because I identify as a certain age that's different than my biological age, because it's important that my cells understand that I'm really only 28 and this isn't going to change whatsoever. But it didn't give me the option to do that. And I don't think that was fair.

Radha:

Well, listen, I can look and see if we can add a line and run it by the Greater Good Science Center and see-

Dave:

I think we need to do that because I refuse to be locked into my biological age. I do not identify as that and it is not my true self.

Radha:

I agree with you. I totally agree with that.

Dave:

There we go.

Radha:

[inaudible 00:35:55] and for me.

Dave:

It's about freedom.

Radha:

Why don't you just put in your-

Dave:

Because yeah, I don't want to be ageist towards myself. Because could you imagine how terrible that would be?

Radha:

Well, you're living in 200. Is that the idea?

Dave:

I want the wisdom of age and the youth of biologically because I think that's the thing. So I'm going to deceive myself into believing that I'm that age until I'm exceptionally old and my body's like, "Oh, dang, I

didn't notice." I'm like, "I win, I win." That's my whole goal. Actually it's a true part of my anti aging strategy is that I think of myself in the age that I want to be

Radha:

I think you're also-

Dave:

And there's science to back it up.

Radha:

... a farmer and a joyful farmer and a fun human and all the things.

Dave:

Oh, thank you. Well, let's talk about, because, well, you talked about community and connections as a big part in Daybreakers. But you have gotten into farming recently. I remember we talked when you were first buying the farm. And we were in, I think our seventh year of being a small family farmer. By the way, guys, if you want pictures of chickens and sheep, go to Asprey Farms is my handle on Instagram for that. What did you do? Tell me the story of starting a farm and are you doing animals, vegetables? Let's walk through that a little bit.

Radha:

Yeah. So I mean, I wrote a book called *Belong* and it's about belonging and community and all of that. And I think for me, it was just like when I thought about belonging as I became a mother, and I have a two year old daughter as well, and what does belonging really mean? And yes, the book is about belonging to another and how to make friends and build a community. But also, what does it mean to belong to your ecosystem? What does it mean to belong to the land, the soil, to the food that you eat? To the cycle of life?

And so I think for me during COVID it became really apparent just feeling the energy of the planet, just all of us imprisoned in our homes and all of us feeling so isolated and alone, it just felt even more stark what life would be on Mars? If Elon and all the friends live on Mars, good luck, there's nothing there. Let's work on saving our own planet. Let's work on really understanding and really saving our own planet because Mars is gross and it's just a giant bleak-

Dave:

Mars is gross.

Radha:

It's a bleak, there's nothing there for us, except us living in what would be like these COVID pods of loneliness, depression, isolation. And so I just really felt like we were on-

Dave:

Wow.

Radha:

... stranded asteroids somewhere. And that's what it felt like and I just said, "You know what? To really belong to earth and to the planet and to the human experience, we could be in these pods anywhere, but actually, planet earth is fucking beautiful." It's amazing. It's got everything. It's utopia. It's magic. It's like you go to space and there's nothing to see, you come to earth and there's flowers and there's gardens and there's fruit and there's food and there's an incredible just bountiful ecosystem and yet we're spending billions of dollars going to the moon. Anyway, I digress.

So I think for me, buying the farm was very much a moment of reconnecting to the planet of what it means to be human, to belong to each other to give my daughter and our community a place to go. It's a 13 acre farm, we have 40 animals on the farm that we are homesteading and we grow our own pigs, we grow our own lambs, we grow our own chickens, egg laying chickens, we have geese, egg laying geese, we have pheasants, we have... Anyway, all kinds of maple trees and bees and a whole big garden.

Dave:

And you live there, full time?

Radha:

No, no. I always say we like to live between nature and culture. So nature in Rhinebeck and then culture in Brooklyn, New York. I'm a New Yorker, forever. I love New York, I'm a soldier for the city. New York is the best city in the entire world, in my opinion. And the belly button of the world, I think, for culture, for just anybody being whoever they want to be. They can be trans, they can be whatever, they can be anything they want to be and New York's like, "I don't care what you are. Just come and be here and be you." And I love New York for that. And New York is always on the cutting edge of the coolest shit.

But yes, I'm between New York and Rhinebeck, New York, which is a really cool corridor of New Yorkers who go upstate and there's Omega Institute right nearby within 10 minutes. We have 100 year old neurodiverse children summer camp right next to us that we're [crosstalk 00:41:13]-

Dave:

Wow.

Radha:

... partnered with for their husbandry program, so they bring all their kids up to the farm and they hang out with our animals, they really support in taking care of the animals. And it's been a really cool partnership. And we're throwing a Daybreaker for them next year. So it's been really fun to get to know this community.

Dave:

So then I'm picturing how cool it'd be to be able to be in New York where like you said you can be whatever you want, and just no one cares, as long as you don't get in their face.

Radha:

Yeah.

Dave:

You don't want to do that in New York.

Radha:

New Yorkers are nicest people in the world. I'm telling you. They are-

Dave:

Yeah. But it's the ultimate you do you place, right?

Radha:

Right.

Dave:

Which I've always liked that about New York.

Radha:

[crosstalk 00:42:01].

Dave:

And it'd be cool to have that and then to be able to go out to the farm. But that means you're not managing it. So how many people are managing your farm for you?

Radha:

Actually, we have our next door neighbors that we work with and we basically share half the yield of the meat from the harvest, so over the weekend. One of the hardest weekends actually of my life, we just, this last weekend we harvested aka killed, harvested is such a chic way of saying we murdered our pigs. But anyway, I-

Dave:

Murdered? No farmer says murdered you New Yorker.

Radha:

I know. I know. It felt that way because-

Dave:

That's not what it is.

Radha:

I know, I know. It really felt that way, honestly. Anyway, but I raised them since they were little babies. And so it was one of the hardest thing I've ever done to raise them, feed them, I sing to them every time I'm with them or we take them for walks actually. And I know you said not to, but we do and they walked with us every day for the last few weeks that they were alive and they were just our little buddies. And then the day came and Hans, the butcher, who's a 60 year old veteran in his 80s butcher and 40 year old teacher at the Culinary Institute of America head of butchering, he came over to our house and he taught us the entire process and we took the pigs and then we hung them up by one of our trees and it was super primitive and we want do it really the-

Dave:

You hang up after you killed them.

Radha:

Yeah. We did.

Dave:

Just to be real, there's a bunch of vegans out there they're going, "Uh." No.

Radha:

We did. We did kill them. It was very quick. But it was-

Dave:

How did you kill them?

Radha:

Well, we're just learning but according to the butcher, Hans, who'd done this for, again, 60 years, we just took his lead. And he said we should do it with the bullet. But we've-

Dave:

Yep.

Radha:

We've learned since that maybe a knife would be. We just were learning so it was a really difficult thing and yeah, I cried all weekend while I was packing the meat. And I was a part of the skinning process and we literally, were on our feet for 12 hours each day processing, packing, organizing the meat into all the different coolers and all the different types of meat and labeling. So it was a whole process that we were there from the very beginning to the very, very end. And Eli, even stuffed all the sausages himself, learned how to do that on YouTube.

Dave:

Okay. If you're stuffing your own sausages, you're hardcore and I found a sausage guy, and we bring him the meat and we bring him all the herbs from our farm and he-

Radha:

Yeah. We cut [crosstalk 00:45:10] ourself.

Dave:

... used our recipe, but it's just a lot of work. Yeah.

Radha:

Yeah, yeah. We did all [inaudible 00:45:14] ourselves and did every single thing ourselves and we buried their heads in a hole like this.

Dave:

You didn't eat them?

Radha:

No. We buried. But with the gels and stuff we harvested as much as we could, but we then buried-

Dave:

Oh, okay.

Radha:

... then we buried their heads, this was a ceremony and a whole thing and chanted. And we invited actually, eight friends to be there with us at the farm to really learn from the experience. So we had eight friends from the city and from Philadelphia join us to experience the process. And honestly, we were all changed by the experience of being cultured our food. I'll never eat bacon or anything, I mean, anywhere outside of our own farm ever again, first of all and I don't even know if I will... I took a couple of bites of our pigs, and it was I couldn't do it, Dave. I couldn't do it. Yeah.

Dave:

It goes like this, from my experience, which is a little bit more farming, just more years on it than you have, the first thing with animals, there's a lot of that. And so what I did before we got animals, I went to a local butcher. And actually an abattoir where they slaughter the animals and prepare them and they can go off to a butcher or they will butcher them there for you. And I said, "I want to make sure that I'm okay doing this." And okay doing this is actually that when you slaughter the animal that you do it from a state of peace and love and gratitude instead of a sense of horror or shame or something which we are all programmed-

Radha:

Yeah, there so much horror to it, yeah.

Dave:

Yeah. Because it's not supposed to be traumatizing, the animal picks up on you. And there isn't a sacred connection between farm animals and people, where there's an agreement between that species and-

Radha:

I know, I know.

Dave:

... our species that we take care of them and they take care of us.

Radha:

I know, I know.

Dave:

To be clear, no farm animals would exist on the planet without humans, they'd be eaten in about six weeks by predators. And that's just how it works. And by the way, all of our dogs would get eaten by wolves and cougars as well. Well, they're animals, they're part of the system, the network of who we are as humans. And so it's an agreement. And you take good care of your animals. We do the same thing, we stay up late, you guys should see my videos at night where we're birthing sheep and there's one stock and you put so much energy to them that it would be a shame to waste some of the animal-

Radha:

Totally.

Dave:

... which is why you don't.

Radha:

Totally.

Dave:

Even the little guts or whatever, stuff that we can't use, those feed the wild animals. We have a part of the property where we toss it out, and then the wild animals are all birds of prey. So then we have vultures coming in and hawks and eagles and all that stuff. And we had a couple of lambs that were stillborn. Well, the vultures are going to be happy. So we had six of these giant vultures had a really good day. And what was left was basically two little skulls perfectly clean and nothing.

Radha:

Wow.

Dave:

Mother nature did everything.

Radha:

Yeah. I know. I mean, Eli, we fed the pigs. I mean, he's been part of the process also from the very beginning. And he has a very different philosophy too than me. I think, just being a mom too, I'm just getting just accustomed to this whole... I'm a city mouse from New York City for 20 years. I just celebrated 20 years in New York City. So this is my first year, we just celebrated, actually, this past weekend was our one year anniversary of owning and homesteading a farm. And so it was a big moment and so that moment, and we were there, I don't know if you were there, actually. I wanted to be there when we shot the animals, I actually wanted to be there and watch because I wanted to know how it felt. And I [crosstalk 00:49:12].

Dave:

You should be there that first time. Yeah.

Radha:

Right.

Dave:

If you're a farmer, I think it's necessary. You have to do it.

Radha:

Yeah. And I think it's a responsible thing. I mean, for me, it felt the responsible thing to do as the parents of the animals too. And I actually recorded it too. I watched and I recorded it, because I want to share it, I want to tell the story of the whole farming experience, so that more of our community can know about it. And so yeah, I'm putting it together now. And just, if anyone wants to watch it, I'm happy to share it, but it was hard. It was hard.

Dave:

It takes some serious resilience in order to do what you're doing.

Radha:

Thanks.

Dave:

Because there are a small number of animal rights terrorists, they're known as PETA. And that's what they are, most of the leadership of PETA, these are the people who have blown up labs for doing research on eggs. And here's the deal, they have funded propaganda to say that it's wrong to treat a farm animal with love and care and respect and to allow it to live and to feed it properly and to give it a good death. And that it's somehow right to eat a plant based diet that makes you sick, because it doesn't have enough fat, and it doesn't have enough protein. And it has the wrong kinds of fat in it. And to somehow make it a moral thing. It's a moral thing, if you torture an animal.

Radha:

Exactly.

Dave:

But no animals were tortured in what you did.

Radha:

Exactly. Exactly.

Dave:

What you did was natural and healthy and wholesome and good. And it is the cycle of life. So kudos to you A, for doing it, because it's a lot of work. And it's hard the first time you do it. And kudos to you for talking about it. Because this is how life on the planet works. And if there is going to be life on the planet 100 years from now, that looks like us anyway, there'll always be life here, that's not a problem, it just might look like alligators or something.

Radha:

Exactly [crosstalk 00:51:17].

Dave:

So if it's going to look like us, we need soil. And you can't have soil without what you're doing. And so we must have distributed farms, and we must return those animals, we need to take them from the industrial manufacturing places and start treating them well and put them in our ecosystem again so we have soil and flowers and grass and all that kind of stuff. And if people who are influential, like you don't stand up and say, "I'm doing this," we will lose that sacred connection to the animals and to the soil and to the planet. And then everyone will die. So let's not go there. And screw you PETA, fuck off. There. Sorry, I had to say it.

Radha:

No. I [inaudible 00:51:54] people unfollow me, whatever. I don't mean... And shared some indicting messages, when I shared that I was harvesting our pigs. And I wrote them back and I just said, "This is my first time doing it, I want to be close to my food. If I can't do it, I won't eat it. But if I can do it, this is the responsible way to do it." This is the responsible way to do it. This is the more humane loving way to do it. And so yeah, it's a course. It's the beginning of this course.

Dave:

You have integrity. You talked about an integrity filter, what you're doing is the highest integrity filter. The other guy who has great integrity around this is Rich Roll, well known vegan triathlete. And he did a big post saying, "Guys, here's how many squirrels and groundhogs," I think it was groundhogs, "we have to kill for your vegan diet on my farm, I didn't know till I ran a farm." So it's not like eating plants doesn't result in huge amounts of habitat destruction. I'll just tell you, my pasta is host for more life forms than my cows. My cows don't kill anything unless they accidentally step on it. Deaths per calorie of what you're doing is exceptionally good and deaths per calorie on soybeans is exceptionally bad.

Radha:

And the meat that we actually harvested from two pigs will last our families, both neighbors for two full years and this is with an eight person dinner, twice a week for the next two years. And so two pigs is resulting in hundreds and hundreds of meals. And so that also was interesting to learn, having now... I personally packed and organized every single one of the meat cuts into its respective coolers and we counted and we saw that it was meat for two years for two families and hosting eight people once or twice a week. So it's a lot of food. A lot.

Dave:

It's so much work people will never know until they do it. And one of the reasons I have a restaurant, the Upgrade Cafe in Victoria, we grow the meat and the vegetables for the restaurant, not all the veggies, we do our best. And not all the meat, but most of it. Man, it's a whole ecosystem. But when people say, "Oh, you can't do this, I'm just going to go eat my whatever." It doesn't work like that. So I have great respect for you, because as an influential person, perhaps some beacons will follow you. Look, that whole New York thing, you do you? Yeah, you and me, we can make soil and help to save the planet and have a sacred connection with animals that we support, who then support us and our community. And that's us being us. And that's okay.

Radha:

That's right.

Dave:

So I really, really appreciate that-

Radha:

[crosstalk 00:54:45].

Dave:

... you butchered your own animals, that you did the work and you faced the emotional side of it, which is real. So much more respect than I had before even, and even for just being able to talk about it.

Radha:

Thanks, Dave.

Dave:

Has it changed your meditation practice, having a farm?

Radha:

Being a farmer?

Dave:

Yeah.

Radha:

I think actually the experience of owning a farm and picking up the feed every morning and going to feed them or taking long walks in the park or in the woods, that's changed my meditation practice from a seated one into a walking meditation and actually a joy practice that I lead, my seven joy practices on a platform, but I lead people through forest bathing, and it's called shinrin-yoku and it's Japanese forest meetings meditation through slow meandering walking under a canopy of trees in the woods. And that can be an even more potent form of meditation than just sitting and quiet.

So if you just slowly, hand behind your back, find nature and walk without a destination, you're not hiking, you're just slowly walking. And just taking deep inhales and exhales, the trees give off phytoncides, which are these cancer fighting antioxidants and it really literally helps your body fight cancer. So the trees, as you're taking these meditative walks, deep breathing in the woods slowly, again, hands behind your back, aimlessly, you're also giving your body more than you would sitting in a air conditioned room in your house. And so if you can find nature, to really go and do that joy practice of meditation, while walking. Dacher from Greater Good calls it an all walk, where you walk around in awe and find awe in nature around you. And that can be an even more potent form of meditation than seated meditation.

So yeah, my meditation has changed from a more sedentary seated one to a slow moving one, which, by the way, as we've learned and as we are continuing to learn, your brain body connection, your body in motion, is where the healing happens. Your body in movement, is where the creativity comes. And the big aha moments, when you're in the shower, when there's moving water. It's that there's something moving in the space, that energy is actually what inspires these aha moments or for me all my best ideas, all my biggest inventions, all my big biggest campaign ideas for big marketing campaigns

for whatever I've been doing, all came in motion, not in stillness. And so I think meditation is great for some people in a seated form. And I think that in a slow moving form, can be just as if not more potent.

Dave:

The forest bathing, with a walk there is powerful. And I came across a study a while ago, it was for my aging book, and it was about, from memory, Hinoki spruce or Hiroki, I might have that middle letter wrong. But it was a specific essential oil, the one that you would breathe, the terpenes you breathe when you're in a forest, but that one had a massive effect on stem cell production.

Radha:

That's right.

Dave:

So you can actually use essential oils from the forest if you can't get into a forest. And that is one thing, then there's the microbiome that you get from a farm or a forest, which is really cool. So if you spend time with your animals, you pick up all sorts of different bacteria that are good for you-

Radha:

That's right.

Dave:

... which is something just from breathing it you get it, not even from licking the ground where your animals were, which I don't highly recommend. You're a pretty cool biohacker because you've got the farm thing going on, you've created this large community, but you just wrote your book called *Belong*. And you're looking at community as a biohack. And then in my teachings, there's the four F words, there's fear, food, fucking, and those are the three biological urges, but the fourth F word is friend, which is community, we serve our community and all. But I think you focus on the community aspects more than almost anyone else that I've come across as ways to increase personal wellness and just how we show up. How do you suggest, to people who are listening to the show, how do you suggest that we consciously add community to our lives? Because it's hard to do right now with all the masks and whatever else.

Radha:

So just take a quick step back, so Maslow who wrote his hierarchy of needs in 1943, which is well before technology, well before current civilization, he put belonging on the third rung of his pyramid. But now all this research has been done, Harvard came out with a longitudinal study that shared that the key... They studied 1000 people and their big revelation at the end of the study was the key to a happy and healthy life was meaningful relationships. And so with all these new studies that are coming out, I rewrote Maslow's hierarchy of needs, it's in my book actually. And I moved belonging from the third rung actually to the basic human need. Because it turns out if you don't have belonging, if you are isolated, your cells are not as healthy, you don't live as long.

Dave:

It's totally true.

Radha:

You're more prone to anxiety, depression, more prone to sickness. You know this and-

Dave:

Okay.

Radha:

Go ahead.

Dave:

You cued me on something. Finish up your point, I won't to interrupt you and I'm going to share something about what you've tapped into there, but it's cool.

Radha:

Yeah. And so to really actually think of belonging as a basic human need as important as food, water and shelter, it is part of the human experience. Without it we cannot survive, we cannot thrive, we are not healthy and we are not wealthy. So to really move belonging, I was like, "Okay, once I have everything else ready, once I have my money, once I have my romance, once I have everything, I'm going to now find friends." But actually, friendships are the first thing that you think about before you even think about your profession, before even think about romance. If you focus on community first, which is what I actually changed from my 20s and my 30s. My 20s I was chasing money, chasing career, chasing tail, I mean, chasing male tail. And it was just-

Dave:

Male tail. Is that what you call Eli?

Radha:

Amazing.

Dave:

He probably likes it, it's all right.

Radha:

But 20s were just totally wrong priorities. And then 30 years old, I look myself in the mirror, and I want to get to your point too, and I hear a download feeling coming. But at 30 I look myself in the mirror, Dave and I realized, "Oh, shit, I don't belong. I spent my 20s sleepwalking through life and I feel empty." And so that was the beginning of this totally change and shift, which is the beginning of my book, which is, when I turned 30 I realized I didn't belong, was the first sentence in my book. And it was just like I changed, I reprioritized community, I started doing exercises for myself, which are all in the book of, what are the qualities I'm looking for in a friend? What don't I want? We never do this for friendship. We do this for romantic relationships, we do this for a professional career, but we never actually think about and write down, what are the qualities I'm looking for in a friend? What do I not want in a friend? What do I need to embody in order to attract the friends that I want?

So to really think about being more intentional about not just stumbling into friend groups because they sit next to me in the cubicle or their locker's next to me and I happen to meet them at a thing. But to really come from a place of deep intentionality so that you're attracting friends from all over the place that end up being your tribe, that end up feeding you, that end of helping you build your career of your dreams, that end up helping you find the husband of your dreams. And that's what happened to me. And so, anyway, Dave.

Dave:

It's so cool. Choosing your community. I used to do one-on-one coaching with a few select clients and I haven't done it in a little while because I have, well, six companies I'm working so any spare time goes family and my exec teams. But this is a guy who is exceptionally successful, has invented technology that many people have heard of. Never has to worry about money again sort of things and got to a point in his life where he said, "Okay," the kids moved out and had a change in relationships, went through a divorce and he said, "I'm happy I've ever been because for the first time in my adult life, I get to choose who I spend time with and who my friends are."

Radha:

That's right.

Dave:

So a lot of times with kids it's like your friends are whoever the parents of your playgroup are, whether or not things like that. So the intentionality that you have is so much better.

Radha:

And it's like if you pick my book or not, it doesn't matter, but it's like draw three circles and draw a Venn diagram, what are your values today? What are your interests today? And what are your abilities today? And so your values change every few years, so for me I value different things as a new mom, as a woman who's interested in different things, and in my 40s whatever. So my value is to really take some time every year to write down what are my values today? What do I value? What do I want? I want more community, I want more belonging, I want more, whatever. What are those values? More family. So what are your interests today? What are you interested in exploring? I'm interested in biohacking, I'm interested in festival culture, I'm interested in dance, I'm interested in farming. All those things.

And then my ability is, what am I good at? Not like, I'm good at building teams and building businesses. But what am I good at through lens of how I show up for my community. So am I a good cook? Am I good at gathering? Am I going to take out the trash? Am I good at... I have a girlfriend who brings lights in her purse wherever she goes, because she hates overhead lighting. So she shows up to any dinner party, and she turns off all the lights she's like, "It makes everyone look old." And then she puts candles and beautiful lights everywhere.

Dave:

Oh, I want her to be my friend. Anyone who turns off nasty overhead lights is my friend automatically.

Radha:

And then another friend who brings instruments to all of our parties so that whenever he comes I'm like, "Yeah." So what are your abilities? What can you show up with that you're not just taking but

participating? And I think that's why Burning Man or Daybreaker or all things that you're doing in the world of biohacking is so special and important because there's a participatory element to it. There's not just a receiving, I'm just learning from you, all knowing but there's a beautiful participatory collaborative experience happening. I'm dressing up in costume, I am learning from... There's breakout groups, there's so many aspects of participation that make life so much more fun and belonging feel more easy.

Dave:

I absolutely love what you're saying. And I'm looking at the comments here from the Upgrade Collective, and people are saying, "This is awesome. I already don't feel lonely, just hearing that there are people who are like this out there," which is cool. So if you're listening to this going, "What the heck?" There are tons of people who are probably more like you and you're way less alone than you feel like. I know that you have a flight that you're going to catch. Do you have time for one or two more questions or do you need to run?

Radha:

Let's do it.

Dave:

All right. I have seen countless communities including Burning Man and camps, where it's only a few 100 people, schools, they get rot. They get collectivism, conformity, they kick out people who are different. And it happens even in the most woke of circles or the most anti woke, whatever the heck that is, of circles. It doesn't seem to be like there's no political or social ideology. It's just communities form rot. Why?

Radha:

I think it's all around again, trauma. So I think what happens is, every single person on this call listening has a backpack full of their own history. So we all carry around this invisible backpack with all of our history in it. And at the beginning of a relationship and friendship, you're just zipping up open the backpack, no one's really getting inside. So community is really easy when it's not tender. And I think as soon as you get deep into someone's backpacking, you start pulling out, "My father died in an accident," or, "this happened." Or, "I got betrayed by this person." All of a sudden, there's a depth of tenderness. I mean, here's a wild stat for you, 50% of first time incarcerations are from family, friends or neighbors. 50%. Which means that-

Dave:

Wow.

Radha:

So the more you know someone, the more you love someone, the more likely you are to shoot them, the more likely you're going to hurt them, because there's a depth of care that happens when you dig into someone's invisible backpack of their shit. And so-

Dave:

Well said.

Radha:

So I think that's it. And it's for us as individuals to recognize that our backpacks are tender. And when someone's putting their hand in, it's from a place of wanting to know you more, and I think we live in such a cancel culture now, especially within social media and crazy media in general, that we forget the virtue of forgiveness. And forgiveness is such an important part of the human experience. And then we're just like, "Oh, canceling you, canceling, you said one bad thing to me," maybe you were having a bad day, maybe you broke up with your boyfriend that day, and you had a bad meeting. There's so many things that can happen in our life and cancel culture and this polarized political world that we live in is just creating...

And even the vaccine is just like, I mean, it becomes political. It doesn't have to be. It's just like, "Hey, guys, let's all hold hands and close our eyes and jump in the deep end together and let's fucking see if we can make it out of this thing together or not." That's why I did it, because in my mind, I'm like, "There's no other way really way out, so let me just figure..." I mean, I don't know. I just feel like at some point community task, we have to take on the feeling of the ecosystem of like, "Let's all hold hands close eyes and jump in the deep end together," and it doesn't have to be a political thing. And I just think so much of everything is politicized and so polarized and so canceled, including comedians. Including-

Dave:

How do you cancel a comedian? That's the dumbest thing I've heard of.

Radha:

It's the craziest thing. It's like his entire *raison d'être* is to make fun and or is to show the seriousness of life in a comedic way anyway. So I just think that we live in a weird world right now. And it's up to us, all those listening to really remind ourselves of the importance of forgiveness and the importance of the virtue of forgiveness. And that our backpacks are tender.

Dave:

Well said. So tenderness, and I'm going to extend that to mean including kindness, which is an aspect of tenderness and forgiveness, to keep communities healthy. That's one of the reasons that 40 Years of Zen, the [Corisa 01:11:15] process is around a technical definition of forgiveness that you can measure with your brain to see if you actually did it versus convincing yourself that you did it.

So I love that because it's very hard to keep communities together. And one of the most impressive things you've done is build Daybreakers as big as you have without having it fracture and go sideways. Even most churches have giant fractures. So you're getting up to half a million people. And it's like, wow, super well done. And I think anyone listening can tell, well, you have a unique energy, unique sense of joy and curiosity that's there along with your sister, holding things together and just serving our community. So I appreciate you very much. I'm looking forward to hanging out at Burning Man dancing way too late in the middle of the night-

Radha:

Thank you.

Dave:

... until the next morning when Daybreaker starts. And just getting a chance to hang out-in person and talk about tech about pigs.

Radha:

Yeah. Oh, my gosh. I'm coming to visit you. I'm coming.

Dave:

Anytime.

Radha:

Honestly. Yeah.

Dave:

All right.

Radha:

[crosstalk 01:12:12] Dave. Thank you for reflecting that and right back at you. You're such a breath of fresh air always with your idea. Just you're such a forward thinker, and I think everyone who's listening and who follows you, there's a reason for it. So you're a joy and light too.

Dave:

Much appreciated. Guys, you can go to the quiz we referenced earlier and you can read Radha's book, which is called *Belong*. You want to know more about community as one of the nutrients you need? Well, she's your pro. Radha, enjoy your flight today. I'll see you soon.

Radha:

Thank you, Dave. Thank you, everyone. Nice to meet you.

Speaker 1:

You're listening to *The Human Upgrade* with Dave Asprey. With Dave Asprey.