

Regeneration For You and the Planet | Paul Hawken

[00:00:00] Podcast Intro

Darin: You are listening to the Darin Olien Show. I'm Darin. I spent the last 20 years devoted to improving health, protecting the environment, and finding ways to live a more sustainable life. In this podcast, I have honest conversations with people that inspire me. I hope that through their knowledge and unique perspectives they'll inspire you too. We talk about all kinds of topics, from amping up your diets to improving your well-being to the mind-blowing stories behind the human experience and the people that are striving to save us and our incredible planet. We even investigate some of life's fatal conveniences, those things that we are told might be good for us but totally aren't. So here's to making better choices in the small tweaks in your life that amount to big changes for you and the people around you and the planet. Let's do this. This is my show, the Darin Olien Show.

[00:01:11] Guest Intro

Darin: Hey, everybody, welcome to the show. This is Darin Olien. This is The Darin Olien Show. Are you ready for this one? Are you ready? This is an environmentalist, incredible entrepreneur, author of many books, truly at its core fighting for the globe, for the environment, for you, for our health, the incredible Paul Hawken. I'm just gonna say it, he's my mentor. We've been having discussions ever since this conversation, and I am so touched and moved by the work he's done, and I am gonna take so much of that and continue this work, end of story. He is such an incredible wealth of heart, integrity, and just badass information. The book, Drawdown, he went down the rabbit hole on all of the solutions that we can implement in the world that are both hugely powerful for the environment and also economic and worth it on every single level. He is leading this environmental movement from a sound powerful place. He is a pioneer, architect of corporate reform, and by respecting the ecology. He started many companies. My favorite grocery store, Erewhon, 15 minutes from my house. He started the first one here in LA in the 1960s. He saw that things needed to be done in another way. It's the first natural food company in the US, relied solely on sustainable agriculture in the '60s. He's the bestselling author of 8 books including Drawdown, but this next one, regeneration, ending the climate crisis in one generation. The forward was done by the beautiful, amazing, Jane Goodall. I ravished this book. I went on the website, regeneration.org, and the information there, the implementation, the warriors that need to look at this book so that we can change the things and the systems that are not working. Regeneration is way more than agriculture. It is building a world without extraction and building a world with generation at its core, regenerating a world without relying on chemicals, with reductionism. We are looking at the whole picture because we can thrive in the whole picture. You don't have to extract everything for profits, you can do things differently. So, in dedication of this episode, I don't know why this is just an impulse, I'm gonna play my personal throat didgeridoo in honor of Paul Hawken. Hook in and hold on and let's get ready for my really good friend and powerhouse and sweetheart of a man and a badass, Paul Hawken.

[00:04:56] First Part of the Interview

Darin: I just have to say, Paul, thank you for the influence you've had on my life that you don't know, but I'm letting you know. Drawdown for me was so immensely powerful, because of the work that you had not just talked about, but actually worked out. As an entrepreneurial person, and I know you are too, it's super exciting to realize that you can live a life-affirming way and have abundance and have homes and buy things but do it from an open perspective without drawing down on the world in our lives. For me, just seeing the incessant kind of every area where you went through just gave me a lot of hope that has given me hope to this day. So number one, I want to say thank you for Drawdown. It's an entrepreneurial's wet dream, I think. Then number two, your next book, Regeneration: Ending the Climate Crisis in One Generation, dude, I'm consuming it like a madman, and I'm not even close to being done because of your detail. You're not just hitting a drum, which you're doing on your own by just virtue of the book but you're also creating an avenue in a runway for the actual change. So I just have to say, all of that being said a lot more, thank you for being here. Thank you for all the work you've been doing.

Paul: Thank you, Darin. It's interesting that the title of the program, Down to Earth, is so much the light motif and the underlying understanding that informs regeneration because the climate movement has been using war and sports metaphors fighting and tackling and combating and these are uttering terms, they make it something else out or somewhere. What I say in the book is that nature never makes a mistake we do. It's the biosphere where we live and inhabit, it is warming the planet causing the atmosphere to be warmer and then that causes, of course, changes in climate, causes changes in weather, impacts us down here, and that we're being homeschooled by the earth, and what we need to do is right here, down to earth, right here. That's what I love about the title and the program itself and both of you and Zac and it's just spot on. So thank you so much.

Darin: Yeah, man. It was lightning in a bottle and a lot of serendipity that came to that project and it's something that is in my veins whether I have a show or not. So I'm grateful for the movement. I'm sure you're finding this, the people that I saw, which is also good for everything that weren't looking and understanding what was going on, they just came to see a show, and they come away with I didn't know anything about this stuff but now I'm entertained, I've learned something, and now I want to do something about it. Now, Paul, I received hundreds of thousands of messages from people like that who weren't aware of this situation. So from that perspective, what people understand, which is how and why I love how you've gone about your books, your education, and that is when you really understand all of the complexity of these situations that it's actually not out of the lack and it's not out of a war. I love, you said it several times in your book, the first step to regeneration is actually to create more life. With that sentence alone, lead our lives, lead our businesses, lead our communities or cities or families from that perspective.

Paul: I've been approached by regeneration to do a series, whether that comes about or not is irrelevant. What was interesting was the conversation about it. I said if somebody makes another climate trope documentary with calving glaciers and homes being blown up by

hurricanes and polar bears, it guarantees that people won't get involved. The thing is, if we look at the website regeneration.org and we say it's becoming the largest network and listing of climate solutions and how to get them done. But if you just stripped away the climatology, the science, the understanding of how the weather is becoming extreme because the amplification of warming, you put that all aside, we're closed, we had no idea, hurricane Ida was just wow, what a bummer, really powerful kind of stuff, we would want to do every single one of the solutions because they have cascading benefits for people. Now for those who are less fortunate in terms of their circumstances, it empowers people, those people who are indigenous, those people who want purpose and meaning and dignity in life for our children, for clean water, for health, for giving a sense of meaning, which is so lacking in the world today, for restoring biodiversity, pollinators, nutrient dense food, you know the whole list, you guys are doing it. That's the thing about this movement to regenerate the world. It is who we are, it brings us to life.

Darin: There's some things I've been chewing on lately that are probably kind of controversial, but from the outset, but when you look at all of these solutions that you've looked at, Paul, and you just talked about it, there's no downside. Again, we're supporting life so there's literally no downside if you spend the time to revert or change or pivot the industry that is extracting that is causing these kinds of things. So I am backing the way from the political to word term of climate change. I am backing away from it. When I hear climate change, climate change, climate change, what the hell does that mean to the majority of the people? What they're actually starting to hear is there's the divisiveness. Like you got to believe in this grand picture of climate change, or all of it falls away but that is crazy that we're doing that because let's just talk about soil, let's talk about the farmer. If you rebuild your soil, aftermath of incredible soil, topsoil, water capture, microbiological diversity, plants, franks, strong soil, strong plant, strong people, better yields, etc, now that person that's listening, it's not about climate change. It's about that makes sense to me. That is common sense to follow that principle. By the way, it's a question of there's a whole lot of CO2 that happens to contribute to this planet that we are obviously walking in a way and conducting ourselves in a way of imbalance.

[00:12:29] The truth about climate change

Paul: I couldn't agree more. First of all, the word climate change, fight climate change, really? The climate changes every nanosecond and supposed to it's perfect. The climate right now, today is perfect because it's an expression of the biosphere, the atmosphere and what we've done down here. Second, climate change, if it didn't change, we wouldn't have hummingbirds, strawberries, bees, glaciers, waters, fish, oceans for us, and 10 million creatures here, including us and so forth. So climate change is extraordinary. It's what makes this planet alive and not Venus, and Mars, and Mercury. Climate change is a blessing. What you're talking about is exactly like carbon sequestration in farm and regenerative farming is an outcome. Their purpose is all the things you numerated and so forth, which is to bring the health back to the soil, health back to the plants, nutrient density back to the plants to create a rate of water infiltration is 10x, 20x, 30x more than it was when it was being farmed industrially to make the soil a reservoir to give it resilience to the greater rain and less rain that was the disruption as being caused by global warming to bring back pollinators, crop diversity. It just goes check and profitability and

safety for the farmer, her or his family. You just go down the list. I know many regenerative farmers, not many, many of the ones I know, put it that way, didn't come to it about climate change at all. That were the concept. They didn't understand it, or in many cases, they just shoot it away. It wasn't interesting to them. Now it's interesting, I've seen them going, now I know what you guys were talking about, I get it. Now they feel they're on the winning team, which they are but the team is team life, that it's not team climate. I remember once, Darin, I was served up at Oracle and to the CIOs, there was 2800 Chief Information Officers. So they're there for one reason, to get the upgrades on software for the supply chain management. I could just feel it. I heard the other speakers saying okay. So I went up, the first thing I asked them, I said, "How many of you here don't believe in climate change, the climate is changing?" About 100 raised their hand. I said, look, it's cool. You're not gonna offend me. I just want to know how you feel, what your sense is. A few more 100 raise their hand, and I said this was the trick question. It's actually a fair question. Every single one of you should have raised your hand because climate science is not a belief science. No, science is a belief system. It's evidentiary. You're CIOs, if you went into your boss' offices, I have this hunch that we should delay the shipment from China, these bits and pieces and parts or whatever, you'd be fired because that's why you're here. That's why you assess software and its data, and we trust all others to bring data, bring the facts. The facts are the regenerating life on earth benefits everyone, and benefits the future, benefits our children, and so forth, and that's what you're focusing on. I think that's what the book tries to focus on their website is, come on in, the water is really good. We have to make this a joyful expression of purpose. Of course, we understand the climatic volatility and what's happening and the losses, the impacts, and the suffering, the migration, precisely because that we have to make this, like I said, a joyful expression of our purpose of what it means to be a human being on the planet right now.

Darin: I can't agree with you more. If there's any time that we need to move forward in our energy and to create a beautiful future, it is right now. Obviously, we're seeing system failures that are happening all over the place, and this is that opportunity. You look at just staying on the topic of farming, that one stat in your book, the 35% of all CO2 emissions are coming from monocrop farming and food Ag. So if you look at that from a common sense, let's not talk about climate change. You're spraying chemicals on your food, you're destroying topsoil. It's like you're doing something that's harming every aspect of this, and the farmer has zero control over himself and his family anymore. Does it make sense? You don't have to buy into climate change. That's what I mean. everything you're saying, you're not hitting the drum of climate change, climate change. Believe my ideology. You're just breaking everything down going, if you divorce life, these are the things that happen.

[00:17:32] Putting life at the center of every decision

Paul: That's why the first sentence of the book is regeneration is putting life at the center, a very active decision. It's happening right now, although people wouldn't maybe put it in the same language as we do but what we're seeing is a sort of juggernaut extractive economy, where every economic sector and the service sector, if you look at the supply chain, you don't have to go far before you see this taking life. It's harming life. It's destroying life. What we're seeing in the headlines in the news right now, Darin, is basically we can kind of look down that road. So

when that road ends, just down there, it doesn't go anywhere. Why are we going down this road? This is a cul de sac. So really, regeneration is about the 180, which is like instead of stealing the future, what about healing it. That can be an economy, that can be GDP, jobs are much more interesting when you're doing something that has a meaning and purpose, and gives you fulfillment and a sense of belonging, a sense of community, a sense of actually pride, respect, and dignity. I can't say that for many, many of the millions of billions of jobs sitting on the earth right now, they're not happy things what people are doing. So the idea of pivoting is like, okay, let's go this direction, what does it mean to put life at the center of a very active decision. Let's figure it out together, step by step together in our companies, in our cities, in our homes, in our neighborhoods, in our churches, synagogues, mosques or temples, in our classrooms, in our schools, let's look at it that way. That is the offering. It's an offering that global warming is giving us. Like I said, we're being homeschooled. So the planet is homeschooling us, and it's actually a generous offer to us to absolutely in humility realize that the systems we've employed which had brought so much, there's no question about it, but which are destroying far, far more than they're bringing right now, and we know how to pivot.

[00:19:42] Vuori Ad

Darin: You know, one of the best things we can do right now is focus on our fitness, on our health. We need to move our bodies. We need to get outside even when it's cold. So I want to introduce you to another amazing company that I love, Vuori. They are active wear working on sustainability, just making great clothes. And Vuori, they're making sure that we are in comfort. I don't know about you, but clothes have to feel comfortable. They have to feel good on my body. And I love the way I feel in these clothes. This company has such a strong focus on the ethical manufacturing and sustainability, so that we can be comforted in knowing that we're supporting a brand that's making these positive changes in an industry that is really horrible. Literally, the fashion industry is the second largest promoter of pollution. So supporting companies that are changing things and not destroying the planet is absolutely what we need to do. So high quality performance apparel is designed to be versatile. I'm such a huge fan. Their shorts are so comfortable to run around in to get my workouts in, then I just stay in them all day because it just feels good on my body. So coming up into this holiday season, I can't believe 2021 has come this far. This is a great gift idea for anyone you love. So gift yourself this incredible treat. You get 20% off your order. You can head to vuori.com/darin. That's V-U-O-R-I dot com forward slash darin, D-A-R-I-N.

[00:21:53] Second Part of the Interview

Darin: You naturally speak to that place that everyone can understand. You want a degree of fulfillment, passion, purpose, and sovereignty, that's within all of us. So to be able to work towards that which gives life I think is at the core of our greatest contribution, our deepest DNA of doing good. I don't know what has to happen for someone to cut off that side, that human side of it. As a person, as an individual, and I know you have some things to say about being an individual because I don't know if that's technically true, which I love. So I want you to explain that because we are in a web, and what can we do to help create new systems that are

destroying things, so that we can resurrect and take the lessons from the school that we're in right now? What are some things that we can do to thwart the destructive systems?

Paul: Again, that's why I mentioned on the website regeneration.org. There's a section called Nexus, which is a complete listing and network of solutions, climate solutions, and how to do them. But when you get into how to do them, it's not like 1-2-3-4-5. It's actually who's doing and what is being done all over the world, the organizations, the teachings, the articles, the books, the videos, the bad actors, which try to say, "Hey, cut that out," the good actors who are leading all the ways in which you get involved, the organizations you can support, the organizations you can learn from. In the question about individual is what I say in the book is there's no such thing as an individual triumph. It's what our ego wakes up with every morning and that's understandable. We got to take care of ourselves, but each of us is part of an extraordinary network. It consists of our family or community or friends, people we may worship or pray with, people we play with in sports or other things, people we serve with, people we work with, the people we go to school with for our children, or teachers, and the people we govern with, if we're in governance, and so forth. This is who we are we're part of these complex networks. Each person as an individual has agency but that agency is the influence that they have over all the connections in their network and vice versa. This is the power we have. Is Darin only as individual or does he have agency? His agency is Down to Earth like what you and Zac and the producers are doing. That's the agency, that's what you're doing. That's why you're doing it because it lights you up because it turns you on because you wouldn't do anything else right now. That's what you want to do. The myriad solutions that exist out there. There's one for everybody if not a dozen. There is one for everybody where I always wanted to do this or I never knew about this, but I was so curious or I want to be involved in this, I want to change my job, I'd rather spend it outside. Whatever it is, you can make a significant impact because the impact with all due respect is not going to come from on high, this is the 26th year of the Conference of the Parties. You can keep hoping and praying, that's fine. I hope something does a breakthrough someday, too, but not so far. Same with the government administrations and even the big corporates and so forth. What's happened is that we were basically, what's the word, not even patronizing in a sense, but this is what you can do, you can do this. If we individuated the solution, you can recycle, you can ride your bike, you can eat less meat, you can put power strips in your home, and all this sort of stuff, cold water in your washing machine, all true. But what it did to individuals, is make him or her feel like, unless you have an IQ lower than room temperature, you know that those aren't sufficient to the task at hand. Then you go into despair, it's disempowering. Then you look to the government and you go, that's also disempowering, concentrations of power. And what was lost is what you're addressing, which is what people are actually doing. The middle of it, between those two extremes, there's a burgeoning movement of every regeneration in the world, and it's expanding like crazy. It's the story of what is innate to be a human being. As coming home, we are innately regenerative creatures, all of life is. Life creates the conditions for life, and we've always done that, otherwise, you wouldn't be here on this planet. So we're not bad species, we're good species. Have we gone way off track? No question about it, but that doesn't mean we can't get back on track. And do we care for ourselves? We take care of our children? Do we care of others around us, and on and on and on? We do. That is regeneration, it's taking care for the living world.

[00:27:00] What does regeneration mean?

Paul: So the term regeneration to me has big arms. It holds many. It holds the possibilities, instead of drowning us in probabilities and what's going wrong, and how fast it's getting worse.

Darin: Exactly. That's the shift, and that's the beautiful shift that you're talking about in our little pebble in the pond as well with Down to Earth. We just found it incredibly fascinating to highlight the great work that people are doing with that same thing that you're talking about, the spark, their creativity, the creation that they wanted to birth forward. I've so many examples of that. You even highlighted because we had that in the water episode, the Eau de Paris or they took back their water rights. Then as a city, they said, listen, we're going to be the best, most advanced water purification, and we're going to give it to everybody. Then all apps to where the water fountains are, and we're even gonna have sparkling water. And you're automatically following life, giving to life. You automatically got rid of all of the plastic, the billions and billions of units of plastic water bottles, etc., and you put a line in the sand. And that is that one part of just going yes, that makes sense, why don't we all do that? That's where one person and uses their agency and their network and their friends and their colleagues and their people that they work with? That's how things shift, man.

Paul: Absolutely. The thing is that I tell people that if you want to come alive, have an unreasonable goal. Don't have a reasonable goal. If it's reasonable, you know how to do it. When it's unreasonable, then you don't know how to do it. And there comes creativity, there's innovation, there are the breakthroughs, that's where they come from. They come from setting out to do something that others would say, you really can't do that or this is business as usual, or whatever. Again, and again, and again, when you see what you're talking like Eau de Paris, it's the same, which is we have to get rid of plastic, how do we get rid of plastic, it's everywhere, how are people gonna get it, how they gonna buy it, I mean, all these sorts of things. It's so interesting because, yes, I got it from down to earth, and that's why it's in the book. And somebody, a city contacted me, you didn't know about Eau de Paris and he said, they didn't know the book either, by the way. And I said, well, this is how they did it, this is how you do it, and so forth. Then also a big market too, a big chain of retailers, I said, this is how you get rid of it. You change to the relationship between the customer water and the dispensation, and so forth but that came from Down to Earth. So that means your agency affected this agency of our team, scholars, and writers, and all that sort of stuff. This goes to the website, which goes, and this is what's happening, and this is how life creates the conditions for life. This is what we're talking about, and we're human, and we can do this.

Darin: We can do this. I want you to unpack because you are sitting at your own precipice of all of these people that are working with you, and for you, and badass people, and you're using your agency, and they're using their agency. You've created this regenerative.org massive strength, and agency yourself. So I just want to know how that all occurred for you, and how that whole team kind of came together.

[00:30:45] Creating an unreasonable goal

Paul: The first team was Drawdown, and this team is different, there are two different organizations. But that team arose after it was 2001 when the third assessment came out from the IPCC, and I began to go around asking people what do we do, do we have enough time, what are the solutions. They can not mitigate because I felt like at that time, we had named the goal combat, fight, tackle, all those words in our goals are verbs, and I want to name the goal, which is to reverse global warming. That's the unreasonable, if it wasn't unreasonable, the unreasonable goal that hadn't been spoken or said. Then I wanted to know, could we do it, do we have the extant solutions at hand with a scale, are they affordable, all that sort of stuff? And could we reach by 2050, that point in time, where greenhouse gases peak and started to go down on a year to year basis. And everybody I went to, NGOs, institutions, universities sort of said, that's a good idea, great, but we don't do that. It just didn't exist at that time. It's amazing. So I decided to create Drawdown myself, and I didn't know how to do it then or before. I gathered some other people, Chad Frishman and Amanda Ravenhill, actually co-founded with me and Crystal Chissell, and we didn't know how to do it, Darin. I think about unreasonable goal, we'll figure it out. We just kind of go figure it out, and we draw down fellows from 6 continents and 20 some other countries. You have these young people. Chad created models, and we created a structure, Chad and I, AI and so forth, which we wanted to model and what do we mean at the cost of economics or all that sort of stuff. We just plotted ahead and did it and created it. And I wrote the book, Drawdown, but again, it was a work of 200 people. I want to really acknowledge that. Now it's in 18 countries and used all over the world and the models are used. So the same with regeneration, which is the process of okay, and just gathering primarily young people. In this case, without even trying, actually, I realized that if we're going to speak to the world, offering something to the world, we kind of had the world inside, if you know what I mean. What I mean by inside, our board is 70% women, or it is 50% bipocs, 30% indigenous. On the makeup of our researchers and scholars was not dissimilar to that, and so forth. It's not about being woke or progressive or anything like that. It's just about being functional. To be functional in the world right now, you have to listen to all the voices, be all the voices, you can't do it totally, of course, but represent it. So that is the organization. And you see that in a book, the heart of the book is people and the heart of that is indigeneity and the 5000 cultures that are indigenous that remain on the planet to this day, and the voices of women, the voices of obviously, bipocs, people of color, black and brown voices, never one great term for that. But in those voices are crucial to understanding where we've gone off, where the colonists, settler, dominant Western, and so called enlightenment mind has come to believe that extracting life and destroying life is a way to create progress, and it's not. So that's how regeneration came about. We have partners now that we're working with and you'll see them more and more on the website. It's collateral instead of vertical, as you say, into Clover Hogan at force of nature, and so many other ways because we're trying to actually create the conditions for self-organization. We're not going to organize where we can, we shouldn't, and if we could, that would be horrible. The fact is that just like our bodies are self-organized, so does the world, so does society. We can create the conditions and you're doing that with Down to Earth. If the conditions where people understand what needs to be organized, what they want to be organized, to structure, to create, to imagine is that which brings life to them to the earth, to their family, to their communities, and so forth, is the way forward. So regeneration is just one effort to actually create those conditions for self-organization in the world because I think the climate movement

will become the biggest movement on Earth, [00:35:21] called a movement. I don't know if that's the right word at all, but the point being is that it's gonna become the biggest movement because of weather, no other reason no leader, no person. Weather is changing, and the weather impacts more and more people. The whole idea of global warming is shifting from a conceptual like a concept, tell me about it, to experiential. As it becomes experiential, everything changes, and that is happening, and that's going to happen more and more.

Darin: Yeah, once it hits close to home, you've been changed forever. And having lost everything in a fire, I can put my hand up in the air on that one. That year forever altered. Again, I will go back and say I'm grateful for the strength of conviction that it gave me. I'm gonna say now for life, it's not a fighter of anything, it's an advocate for life. There's so many things, I'm so glad you talked about the organization because I got something when you're saying that. If you have a goal that's extraordinary, and has life at the core of it, the organizing principle of that is infinitely different. As you were describing your organization with all of the beautiful, kaleidoscopic colors of who and what people are, male, female, points of view, scientists, indigenous, all of that stuff, they're bringing in this organism that is complex but needs to work together.

Paul: It's interesting, when we start something, you pointed something out, when you start something, if those principles are not there at the outset, then who knows where you'll go. But if two there at the outset, then you attract all those things, those ideas, those people, their engineers, their coders, their farmers, or whoever they are, and so forth, that will amplify that purpose. The number one cause of depression is lack of purpose. Look at the world, what's our purpose? What are we doing? Who is in charge? No one, of course. So again, what you're talking about Down to Earth, what we're talking about regeneration is actually bringing the world back to life, brings us back to life, gives people a sense of meaning, purpose, and dignity and this is crucial to regeneration.

Darin: I have butterflies listening to you. I get so excited because, at the core, I think everyone, I don't care what drum you hit, water, power, food, shelter, freedom, sovereignty, all of those things are at the core of all of us. I want to talk a little bit about breaking free from monopolies, micro gridding for power, and you have a great example in the book, it's Blue Lake Rancheria tribe in Eureka that actually, during the wildfires in Humboldt County had so many people who didn't have anything. There was no power, there is no water, there was burning everything, lost everything, and then all of a sudden, they became their casino. They had water, they had power. And because they were their own sovereign nation, and defected from the normal monopolies and created it themselves. It's crazy to me and by the way, I'll say this, I am not taking, I am creating an argument in California to be able to have your own power source because for me, the power company contributed to that fire and burned the house down. Now my only choice is to give money to the same entity that caused the fire. Then I'm supposed to pay for power for them, which is a whole nother conversation.

[00:39:20] Regenerating your own power supply

Paul: I'm with you all the way. We almost had a fire 100 yards from our home during the time the lightning strikes two years ago. The dry lightning strikes and the fires are all over California, the redwoods burned in Santa Cruz. It just so happens we're on the mountain here and is cooler so the rain actually fell. We didn't have the fire but I have so many friends who got burned out. Each one of them is a PG&E caused fire. So in a website, by the way, is a thing called punch list. You make your punch lists, your commitments to yourself and what you're going to do to others, and I made one. One of my items there was is to completely electrify my house with renewable energy. That means heat, water, and cooking that was no more natural gas. So I write in the process right now, putting in these Japanese, and then heat pumps running on CO2. They don't have CFCs or HCFCs in them. And running them off with the solar on my roof. I can't wait to tell you, I'll send you a text. I called the PG&E's and say, will you please take your gas meter off my properties. Your meter, I don't want it anymore. See ya. And I'm talking to my neighbors and schooling them on what I've learned at the great plumbers, here's the pad, here's the rebates, here's the credits, here's the tax incentives, and so forth. Let's do it. Let's take PG&E out of that era.

[00:40:39] Bite Toothpaste Ad

Darin: Hey, everybody, I have a secret to minimize your waste in your own bathroom. That's right. Now, it may not seem like a lot of waste, throwing out your toothpaste tubes or your toothbrushes but keep in mind, none of it is recycled. Then add it up over the population, these are a big number. This isn't necessarily our fault though because we need toothpaste. We definitely need to brush our teeth. But thankfully, one company that has really thought of everything when it comes to taking a big problem and finding solutions is Bite Toothpaste. Their best seller and the product that really caught people talking is their dry toothpaste tablets that come in reusable glass jars. When you run out, you just order a refill, and it comes to your house in compostable pouches. So there's the impact, they're making an environmental waste problem go away, but they didn't stop there. They care about you. They want to make sure that what they're selling is the best of the best. All of their products are vegan, cruelty-free, and they're made from clean ingredients. I'm excited to get you in touch with Bite Toothpaste because it's good for you and they actually work. They do exactly what they say they will. If you're ready to ditch the toothpaste tubes and try literally this Bite Toothpaste, it's awesome. I love it. Bite down and boom you basically have the toothpaste all right there. So all my listeners, you get 20% off your subscription if you head to trybite.com/darin and use the promo code D-A-R-I-N. That's trybite.com/darin and get rid of the waste and get healthier with this amazing product.

[00:42:53] Third Part of the Interview

Darin: Let's talk a little bit about, because safety alone for micro gridding, your example of the tribe is a classic example of that, water generation, water reclamation, water use, creating your own food, generating your own power, you become the power source. There's so much that just makes sense for us instead of all these old systems.

Paul: It really does. I actually work with the University of California Irvine recently, and I found out that Sierra Club Wrexham is number one or two of the most green University in North America, which surprised me. They have 21 LEED Platinum buildings. They are going to make the campus a microgrid. And not only as a way to make that relationship between power generation, power use, and power distribution to localize it, but as a way pedagogical. You're going to school that does this and now you've learned it and you've seen it, and it works really well. It becomes part of the curriculum in a sense, the daily curriculum. I went to school in a microgrid and then you can learn how they did it, you can take it away. You can actually take the technology and the engineering and so forth. So it'd be a common incubator, if you will, of both experimentation and engineering and application. I think wind and solar are transitional. I actually think they're transitional. And so you can't go fast enough, for sure. What we did is in Regeneration, we looked at the data for the last 20 years, the IEA, the World Bank, and McKinsey and their predictions, they rate it with solar and when it will grow. What they finally admitted themselves actually, earlier this year was that they've been wrong every year for 20 years. They've never got the right ones. The rate was faster. The rate at which costs went down was faster every time. They were just so conservative in the way they looked at possibility. So when we did our projections about when we could pretty much toss fossil fuels, we didn't look at these agency projections, we looked at the past. We just looked at what happened, this is what happened. Then we just projected out that 20 years of growth. We see 2042 as a point of change, and so forth, when we don't have to rely on fossil fuels at all, except for a very few limited kind of things, and so forth. But I agree with you, the amount of invention in terms of storage, in terms of generation. One of the great, great stories and energy is actually right down in Irvine as well. Actually, it's not far from Irvine, which is a trial of energy technologies, which is a fusion company that's been in stealth for 23 years. They don't do press releases. They don't advertise. They don't beat their chest. They've raised more money than every private fusion company in the world. They've built four reactors. They're just building the fifth one, which is the European fusion project which cost 20 billion so far. They've got 20 to 25 billion left to go, and they will never produce a single kilowatt of useful energy when it's completed in 2030 or 2035. No one knows exactly when. So there's this small company, it is not so small, 30 to 50 employees and so forth. I've been there. I've turned on the reactor. Amazing, humble, bright, bright, bright people. They don't talk about it because people who have talked about it, in the end have become not so credible, and people are bragging about this and trying to get money and they just shut up and do it. But I was talking about reasonable goals. One of the things that came out of it was power management. They have to have a gigawatt of energy in a nanosecond into the reactor and jumpstart it. And they have these capacitors which are like batteries for capacitors, and they had 400 of them and you need more energy, and they said, we just can't buy more capacitors, let's figure out how to get more energy with what we have. To make a long story very short, they came up with the power management system. That did what they wanted to do was a chip and some software. Very complicated, but at the end of the day, it's simple. They brought in a professor from Stanford to look at it. He's an expert on energy and storage and so forth and he said, "Do you realize what you've done here?" And they said, we've done this and this. He said, "No, you changed every EV, every transmission system, every electrical generation system in the world with which you've come up with." They're doing \$50 million in licensing fees next year and then they go into 100, 250 and so forth. They didn't set

out to do that and that's again, what we're talking about with regeneration, things are gonna come out of it unexpected. But instead of this is bad, which is what's coming out of technology, technology keeps trying to solve the problems like technology is created and that creates a new problem. So oh, well, we'll figure out that one, and then a new one, and then another one, and so forth. But when we get to regeneration, when you're putting life at the center of a very active decision, you can have things that come out of it that you didn't expect that are beneficial. So we can get on a completely different cycle, a virtuous cycle than a vicious cycle.

Darin: Well, that's the one plus one equals 3, 10, 20, like life the pleomorphic expression of life is infinite. So it's like, ask anyone what the hell is going on with healthy soil. Well, they know a little bit. It's so complex, do we really know what the hell the brain's doing? No, it's infinitely complex. Do we really know what's going on microbiologically? No, we have these tiny little indicators. That's where the humility of nature comes in. It's like the force of nature to have the audacity that you're going to come in divorce that and come up with something for you to get a profit out of, and we can also not go down that rabbit hole so much, but it's also the health care system. You can't divorce nature and expect something else to just magically make everything perfect. You go back to the soil, you go back to the healthy plants, you go back to the healthy plants to make a healthy first, make a healthy person, healthy microbiome and the loop continues. So the beautiful transmission of photons from the sun liberating in the body, that's metabolism in the shortest way possible. We divorce any of that stuff and reach for the process dead food, over medications, all of that stuff.

Paul: Let's pick on pharma for a minute. 20% of our GDP is in the sick care system.

[00:49:55] How regeneration can ween us off of big Pharma

Paul: I call it the sick care system because you have to be sick to use it. It doesn't teach health, it treats sickness. How does it treat it? Treat it with pharma. What is a pharma? The wet dream of every pharmacological company is basically to have a metabolic disease in which you have to take a pill every day for the rest of your life. That's a profit center. And fifth of everything we spend is on the sick care and we have the 33rd worst health record in the world of any nation. So again, with regeneration, our body, our microbiome, and so forth, and you nailed it with this thing about complexity, which is, we should be in awe of what we don't know. That's what creates humility and creates gratitude and creates prayer and thankfulness. And the reason I mentioned indigeneity in regeneration is that that indigenous people were horrifically are still but horrifically cheated by Europeans because the doctrine of discovery started with the Portuguese and slaving people in West Africa. Then, obviously, what happened to Turtle Island, all the Americans, Mexican America, South America, North America and other places in the world, and Asia. This idea that they're obese that there are other, that they weren't as civilized, they weren't literate. What we know now is that from the song lines in Australia to the Native Americans and North America, the First Nations and so forth, is they had such exquisite sense of observational science, which is they understood where they live like no one today yet understands. This is observational science, it's not empirical science. Empirical is like, if you do an experiment, you can't repeat, it's not true. In nature, nothing repeats itself. What you're looking for is the science of pattern recognition of correlation, of connection to self, other, place, all the creatures, all the

relations, the kinship relationships. And I'm sitting next to a woman on a plane, going to Alaska, and she is a Yupik woman, and she was going back as her sister died, and she had become the elder. We talked a lot about that, what that means to be an elder in her culture. As a matter of fact, we talked about the weather and how tough it was to live in the Bering Sea. I was asking how can you live in the Bering Sea? Yupik live there, and in Russia, both sides of the Bering Sea. And she said, we could predict the weather two years in advance. I'm going, wait a minute, we can't predict it accurately six days in advance so we have 186 satellites up there. You say two years in advance, and she's very humble and very sparse and said yeah. She's said we had to survive, we had to know. So how did you do it? Then she, in minutiae, described every single thing that they interact with, that they observed, that they see. They have dozens of words for snow, not one. And the types of snow when it came, what the texture was like, the ice, the color of the ice, when it was defrosting, when it was first freezing, the timing of it, the type it felt on the caribou horn, the grasses. She just went on and on and on. What happened because there weren't literate. They have this amazing, we would say now in neurobiology, hippocampus, they could remember things like we cannot, and they remembered. So then this year, X happened in the weather. And they could go back and say, look at that, this is what happened two years ago. As time went on, they could build this beautiful catalog of pattern recognition, which told them what would happen in the future, if what was happening today was such and such, or this and that. So I said, we have 5000 cultures, indigenous cultures, and many of them, the elders and this wisdom has been lost because of predation, deracination and terrible things, but a lot of it is still there. This is like a treasure, I mean, Eldorado Pizarro Cortes, all these people went to the new world to get treasure, gold, silver, this and that. They miss the treasure. The treasure was the people, and the people's understanding of this earth in this place, I mean the mic-mac, and the first nation in Nova Scotia would go by a tree and then they would listen to the wind softening through the tree. Then they would name the tree based on the sound. The name to them described the sound. They could go by that tree 10 years later, they would remember the name, and they would listen to the sound and the sound was different than the name of the tree, they would know something was happening to the tree. There is so much out there to know and to connect to and that will be shared if we only honor those people. The reason we know they know so much is because they've been in the same place for 5000, 10000, 15000 years. You can't stay alive that well and that beautifully in one place, unless you know where you live.

Darin: That is so beautiful. It's the language of nature. It's the language of the earth. And if we're willing to listen, it's always there and always communicating, and the level. I brushed up against learning a little bit of that in South America and the Incas and how complex their food storage was. They had seven years of food for all of the people in certain villages, where to store food on the mountainside to get less and more shade, transporting soil from sometimes hundreds of miles away to experiment with food and looking at the stars and when. It's mind blowing. Also, a sneak peek in season two, which we're editing now, I can't say much about it but Paul, you would really appreciate this. There's a couple of significant moments where we had scientists at the top of their field with indigenous people before us, it wasn't because cameras and all. They've already had the relationship, sometimes we talked to several indigenous people, like 30,000 years of knowledge from the aboriginals and they're sitting there together. And the

scientists very clearly, cameras weren't even on. There are like, the knowledge that they have has accelerated all of our science because there's no way we could understand patterns the way that they understand patterns that could allow us to then take that knowledge and accelerate it. So that's what we need, that connectivity and stop this idea of this myopic scientism almost in a way divorcing of all of these knowledge.

Paul: We're just trying the land of the Achuar in Amazon, we also let loose the dogs. The Achuar don't have a word for nature. It's hard for us even if you and I, we say, nature is not something separate. It just was just by that sense and structure because we have a concept for it. So the Achuar don't, they are nature. The way they learn is extraordinary and beyond that, I don't know anything but that's just the difference. 82% of the remaining biodiversity in the world is in the tribal lands, 4% or 5% of the population. That's not a coincidence, indigenous people protect where they live. They take care of all their relations. So when we go back to regeneration, fairness, equity, justices, reparation, amendment, making amendments for the past are crucial to regeneration.

Darin: Listen, my planet, our planet, so they take agency over like, this is my people, all people, my rivers, this is ours to take agency with. It's not over there, just like nature isn't over there. It is embedded into everything that we are and be and I like that. I'm gonna stop thinking that I've separated it all, just from this conversation alone. Paul, I feel like I could talk to you forever and I plan on talking to a lot more. I'm obsessed right now with solutions and change and everything else. I am just so grateful. I want people to walk away with a few questions, everything that you're doing, anything that you're doing, does it enhance humans in life or does it diminish? Does it restore or degrade? Does it promote fundamental human rights or deny them? Is the activity of whatever you're doing extractive or regenerative? Bottom line, is it supporting life? These are questions in Paul's new book, Regeneration, check this out, you will be altered, you will be inspired, and this is the movement. The movement is let's move in creation. Let's move in inspiration. Let's move with life. No more against it. Paul, I'm just so stoked to connect with you today, and you've given me a lot, and now a lot more. So thank you.

Paul: Darin, thank you, and thank you for what you're doing. If there's anything we can do for you, tell us, ask us, we're here to serve and to support exactly the kind of things that you're doing. That's what we're here to do. If our resources can help you and enhance, serve, inform, I know it can go the other way like the Eau de Paris, that's why we're here. We love what you're doing. I can't tell you how grateful I am and how honored we are to be connected. Thank you so much.

Darin: Thanks, man.

[01:00:43] Generic Outro

Darin: What a fantastic episode. So tell me, what is one thing you got out of today's conversation? If this episode struck a chord with you and you want to dive a little deeper into my other conversations with incredible guests, you can head over to my website, darinolen.com for more episodes and in-depth articles. Keep diving my friends. Keep diving.