



Understanding Your Conscience | Leonard Purlmutter

[00:00:00] Guest Intro

Darin: Hey everybody, this is Darin Olien. This is The Darin Olien Show. Thanks for tuning in. I am excited about this episode. This next guest, Leonard Perlmutter, is a badass of consciousness. Yes, that is true. This is an incredible episode, taking what seems to be esoteric and ungrounded and making it very grounded. Did you want to know that the secrets and the keys to all things reside inside you? Leonard's book that we unpacked, *Your Conscience: The Key to Unlock Limitless Wisdom and Creativity and Solve All of Life's Challenges*. I'm not joking when I'm saying I believe this at my deepest core, which is why I loved this conversation. Because at the end of the day, if we can't observe what's going on within our own ecosystem, we will then be pulled around, yanked around, dictated, and mandated by other things, other people, and other agendas. The thing that I want to emphasize is this is pragmatic. This is understanding certain things that we are identifying with seemingly thinking that that is us, and we get into that. I think about this stuff all the time. There's a reason I got a Master's in Psychology. I finished that up in 2002. I've always been fascinated by the human, the consciousness, the spirit, the soul, the interaction of the great mystery, the God, the universe, whatever you want to say. This interaction often comes within the notes of the noise, the space, the silence, and we talk about that. Leonard Perlmutter was the Director and the Founder still of the American Meditation Institute in Averill Park, New York, and the originator of the National Conscience month. He studied under Swami Rama in the Himalayas, whose lab studied at the Menninger Institute, demonstrated the blood pressure, heart rate, autonomic nervous system can be voluntarily controlled by meditation. The observation of and the consciousness of these findings are the cornerstone of the modern mind-body movement. Leonard Perlmutter has been a leader, and an awesome individual, understanding the difference, and the identities of who we think we are and who we truly are. We demonstrated some examples in this talk, who you think you are, what emotions you think you're having. It's incredible. I've really enjoyed meeting Leonard, talking with him. I know you're gonna walk away from this expanding your consciousness of who you are, what you are, and perhaps help you to find out where you are going more powerfully connected to who you are, what you truly are, to have, create, generate, and be that so maybe you can have a super life. Sit back, relax, enjoy, take in these nuggets of wisdom from a wise, incredible Leonard Perlmutter.

[00:04:04] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin, and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we as humans can improve our lifestyles, strengthen our mindsets, and take better care of this beautiful planet we call home. If you're looking for motivation to take the next steps towards a happier, healthier life, then you're in the right place, and I'm stoked that you're here. So let's do this. This is my show, The Darin Olien Show.

[00:04:48] First Part of the Interview

Darin: Thanks for coming on. I'm stoked to talk with you.

Leonard: It's really nice. Thank you. I've been looking forward to it myself.



Darin: Nice. Let's get into it. You have been active in the consciousness world, the yogic world for a very long time. I'd love to hear and unpack your journey because I started diving into your book, *Your Conscious*, which I absolutely found so easy to follow but yet so poignant to unpacking some of the things like consciousness, karma, the mind because I think so much especially in this day and age, we get lost in what these terms actually mean, how these things can apply to our lives, make our lives better, more aware, more happy, more joyful. I'd love to hear your journey throughout the '70s, your yogic practice, and how you got to a point of wisdom to be able to tell these things that can be applicable to people moving forward.

[00:05:52] Why consciousness?

Leonard: You mentioned something that struck a chord with me, and that is that unless esoteric has a practical application, I've always developed an allergic reaction to it. I don't really have the energy or the time to give to esoteric without an appropriate practical purpose. For whatever reason, I've been searching, and I have the ability is, it's a God-given talent, to be able to connect the dots for people. First, I connect the dots for myself. I'm only looking for things that are practical to string together, but I've always had this passion to share what has worked for me. I don't really teach from what I've read, as much as I teach from what I have experienced personally myself, and I know that it's practical. At a very early age led me to join scouts. I was a Cub Scout. I was a Boy Scout. I loved it. Why? Because it was so practical. It provided you these tools for survival in life. I had a conversation with my Scoutmaster once. I said, the motto for scouting is, "Be prepared." "Be prepared for what?" I said I asked. He sort of laughed, but it was a stern laugh. He says, "How would I know?" That led me from scouting to observe the certain kinds of pain that I was experiencing in my life. A lot of the pain had to do with, the truth be known, it had a lot to do with the food I was eating. I was raised in a stereotypical Jewish family. Food, like an Italian family, was sort of the centerpiece of the culture. The more food that you ate, it always seemed to bring a smile to mama's face. Hey, I wanted to please my mother, and so I ate and I ate and I ate and I got sick and a tremendous amount of pain. I was searching for answers, and that led me to ayurvedic medical principles that taught me about my body, what makes my body unique, why was it when I was in high school, I couldn't keep up with cross country runners. You just don't have that body type. You don't have that body constitution. So I was eating food that was not easily digestible for this particular body type. I started experimenting, I started swapping different types of food for things that I found made me feel better physically, mentally, and emotionally. There were so many changes in my life that I had a conversation with my mother once, and this was after my father had passed. He was young. He was a chain-smoking individual. He died young, and my mom was gifted the head of the household status for the children. There was a lot of pressure on her, and my heart went out to her I understood that. She was responsible now, but she saw all these changes that were happening with me. She said something so endearing that I carry it with me today. She said, "It's very uncomfortable for me all these changes that you're making. I just want to make sure that you don't give up your good sense of humor." I promised right then and there that I was not going to throw the baby out with the bathwater that I have a good sense of humor and I don't intend to give it up unless it's part of that humor that I had used as a younger person that was sarcastic that had a bit of a poison tip on the end. I'm not a professional comedian. I can't be a Don Rickles who can get away with that and people don't really take it



personally. I began even with my humor to weed out any humor that had a poison tip on it that might injure somebody, emotionally or mentally. Now, it's not that I didn't hear these funny one-liners, I certainly did. I chuckled silently to myself because I said it is funny, but I sacrificed and then served it. Those are the types of things that happened pretty early. After my father died, I began to search in earnest all the different spiritual traditions. Of course, I was born in the Jewish tradition so I was fairly familiar with that but I still studied some of the Torah and Christianity. Even as a young kid, this goes back to the early and mid '50s. On Sunday mornings, I really knew nothing about Christmas or Easter. But every once in a while, during the year, there would be on Sunday morning at about 6:30 or 7:00 in the morning because there were only like two or three channels at that time, there were these little morality shows about Jesus. I thought to myself, he's a cool guy. He's just a really nice guy. He's going around helping people who are having a hardship. I like to grow up like that. I studied Christianity, not necessarily churchianity, but I began to peel back churchianity to find what's the core here, and what's the core of the Buddha's teaching, and what's the core of Muhammad's teachings. When I found the perennial philosophy and yoga science, I saw just as clear as the nose on my face, that every single religion at its core is pure yoga. It's pure yoga, so I concentrated on that, and I studied. I found a teacher, or the teacher found me. My wife and I were watching Liliias Folan at the time. Back in the early '70s into mid '70s, she was the first lady of yoga. She lived in Cincinnati. She had a weekly yoga show syndicated through PBS. One day, she had a guest, I don't know exactly who it was, but my best guess is it was Ram Dass. He asked Ram Dass, I believe, are there any Indian teachers teaching in the United States? He mentioned Swami Rama, and that sort of intrigued me. Jenness, my wife, and I wrote to his summer ashram in Pennsylvania for a book list. We started studying his books. I had no desire to meet him. No Indian guru was going to tell us what to do. We felt that we had already developed a small practice. But when I started reading his books, I said to Jenness once, this sounds like this fellow is a Scoutmaster. He sounded like my Scoutmaster. That's the way he taught, so I appreciated that very much. It wasn't until years later that we actually met him.

Darin: It felt very pragmatic in what he was saying, very straightforward, cause and effect, understanding the principle. Back up just a second for people, maybe unpack your definition of yoga because most people here in the West, we know they're thinking, I just did yoga today, I just stretched, I did my yoga class, I did whatever, but the definition is a lot bigger and broader from your perspective.

[00:13:50] The definition of yoga

Leonard: Also simpler because yoga really means union on every level, but essentially, for the human being, it means the union of the actions that we take in the world and that would be thinking, speaking, and acting. The union between our actions and our inner wisdom. So what gets us into trouble is the actions that we take in the world actually wind up in conflict with our inner wisdom. That inner conflict then becomes the mother of all problems, physiologically within my own personal body, but then interpersonally with human relations and my relationships with animals and minerals and the climate and environment. That's the way I see all of yoga is about union. When I have a relationship and every relationship really essentially means that I have to take an action and even inaction is an action. But when I take an action, is it in alignment? Is it a reflection of my inner wisdom? Or is it simply of the



limited perspective of the loud pushy voices in my mind, like from the ego, or the senses that are clamoring, or the unconscious mind?

Darin: Or someone else's thoughts, feelings, ideas, and bless all of them. Our parents have their own limitations. They're our first teachers, and we come away with ideas, thoughts, feelings, emotions from them. Again, that journeying of cultivating, listening to that wisdom, and that's where I think that pragmatic side to what you're talking about is so valuable because I think you can use severe examples of that meaning that we know most times and not but if I am a doctor, and I know information, but I don't give that information, I give this other one because maybe I'm mandated at giving a medication. It's things like that. There are so many examples of maybe you have a better example where we take on an idea, and it may not be ours and may not be in alignment with us, and then it festers. It creates a dissonance.

Leonard: That puts a lot of responsibility back on us because in a very pragmatic way, part of our spiritual practice is to inspect our hard drive because there are a lot of faulty concepts that we have accepted because we were young, we were impressionable, we were vulnerable, we want to be accepted, and we carry that as the software of our mind. You talked about mom and dad and grandma and grandpa, and politicians and celebrities. It's all there. It's all on the hard drive. Not that any of them have been malicious. Every relationship that we have is a teaching but sometimes, our mother and our father or grandma or grandpa or whoever influenced us was not necessarily teaching us what to do. They were actually modeling for us what not to do, how not to act.

[00:17:15] Watching Elvis Presley for life lessons

Leonard: That's why I tell people that since I've been about 10 years old when I fell in love with Elvis Presley. Elvis has been one of my most important gurus. One of my most important teachers. I fell in love when I was 10 with him. I gave so much attention to him and his music. Because I gave so much attention, I learned an awful lot about the choices that he made in his life, many of which conflicted with my inner wisdom. On a very practical level, my relationship with Elvis Presley, in part was based on the fact that he was teaching me which burners on the stove were hot, and which on the stove were not hot.

Darin: What were some of the base examples of what he was doing and what you knew was not correct?

Leonard: Well, chief among them, I don't believe that he took care of his body. He didn't love his body. He ate food that he loved that were lifestyle choices that acted as some kind of drug to ameliorate the emotional pain that he had. As I began changing food choices, I no longer ate food that I loved. When I say I in that particular case, I'm talking about the personality. I no longer ate bagels and cream cheese and pies but instead, I started eating foods that loved me, loved my brain, love my eyes, love my joints, love my liver, etc.

Darin: That's a great example that everyone can hear right now because every time we open our mouth, is this in alignment with my body, my mind, my soul, my spirit? Is this moving me towards a life of that union? That's where everyone can absolutely understand that this is very pragmatic because we know what we know, and we also pretend not to know. Then we



just like no, I just want to live, so I just want to eat whatever I want. But what you're saying is there's a massive consequence to that, and in ways that so much of it is now we can measure biochemically, physically, emotionally, how emotionally can suppress the immune system instantaneously. There's a lot of things that we can measure, but also you know that that is not correct for you and yet you're still making that choice, so it goes against that union.

Leonard: When I'm driving to work, and I'm driving at 55-60 miles an hour and some maniac is driving about 90 or 100, and cuts me off in traffic, and to avoid an accident, I have to slam on my brake. In the process of that, what happens? A force of anger comes forward from my unconscious mind, and I am aware of intense anger. That question then must be asked, what am I going to do with this relationship? Most of us identify with the anger so much so that we say to the person next to us angry. Really, I didn't realize that human beings can become an emotional. No, I'm not angry, I'm aware of anger. I have a relationship with anger. I have to take an action with the anger. So the more I give it my attention, this anger, the poison from all these hormones coming forward in my physiology, they're poisoning me. So who am I hurting? What do we learned in fifth grade? Energy cannot be created, and it cannot be destroyed, but it can be transformed. So I thought to myself if I can transform ice into water and water into steam, is it possible that I can transform the debilitating, contractive, poisonous power of anger? or fear or greed into some other beneficial form of energy? The answer from yoga science is absolutely yes.

[00:21:38] Bite Toothpaste Ad

Darin: Did you know that over 1 billion plastic toothpaste tubes are thrown out every year ending up in landfills and the ocean, and we don't think about this stuff. Bite Toothpaste is on a mission to change that, as well as selling everything from toothpaste and clean whitening gel to deodorants. You can now completely swap out the contents of your bathroom to plastic-free alternatives that are also healthier for you. They're actively looking for ways to reduce waste, and their products are cruelty-free and made with completely clean and safe ingredients. Their top-selling toothpaste, Bite, had me questioning, why are we using toothpaste gel to begin with? All you have to do is bite down on this thing, chew them in till they foam, and then brush normally. No problem, no waste, no harmful ingredients, just common sense. These Bites come in refillable glass jars and your refills come in compostable pouches. How great is that? There's no waste. If you're ready to support this incredible brand and their better products in your mouth and in your body, they're offering you 20% off your first order on all of their products. Go to trybite.com/darin, that's T-R-Y-B-I-T-E dot com forward slash Darin, D-A-R-I-N at checkout to claim this deal. Why wouldn't you look to have something better for you, your family, and the environment? So, try trybite.com.

[00:23:42] Second Part of the Interview

Darin: I think there's something that I want to illuminate on that's very, very important and that is you're making the distinction between, if you're saying I am angry, you're declaring it. Now you've declared it and you've actually brought it in. You are actually saying, that is what you are. What you're saying is that this is an intensity coming up, this is an emotion, this is a feeling, this is an experience a relationship that I'm having, but it's not you.



Leonard: Yes. So what does that immediately do? It creates a space between stimulus and response, I become detached. In that space between stimulus and response lies my freedom of action. Because if there's no space between stimulus and response, I'm enslaved to faulty software, that's the critical important point now because you have to take an action. You got all these hormones surging, and then all these poisons coming. We're taught in yoga science that perfect comes from perfect. We were also taught as very little children that God is perfect. Let's just take that example and examine it a little bit. That would mean if everything comes to us for our highest good, even though it's an ugly, painful situation, like being cut off in traffic, that the personality feels justified to go after this fellow and maybe cut him off or whatever. If there's actually a gift in this experience that I just had, what is it? Well, a moment ago, I had no awareness of the anger that lived in my unconscious mind. I was unconscious of it, but it still pulled the strings of the Marionette unconsciously. It dictated my thoughts, my words, and my actions unconsciously. But thanks to this terrible driver that cut me off in traffic, I now have a conscious relationship with anger. Once it makes its way, this anger or fear or greed from the unconscious to the conscious, once it's in my conscious mind, I can facilitate the transformation of that energy, not until it's in my conscious mind. But once it's in my conscious mind, I can send that contractive, debilitating, poisonous energy to be transformed to a refinery. It's like refining crude oil. We don't use crude oil in an automobile or a truck because it doesn't work in a combustion engine. But if we sent the crude oil from Saudi Arabia to Texas to a refinery and asked those folks to transform it into gasoline, that'd be great. Same with anger, same with fear, same with selfish desire, but you have to have a personal relationship with it, so that it's in your conscious mind, then you can sacrifice it and sacrifice back to the Latin and then later to the Italian, make it sacred. Make this anger sacred by offering it back to the origin from which it came. What is the origin? There's only one origin, whatever you call it, you can call it whatever you want to call it, but there's only one. You offer it back, you base your outer action on your inner wisdom, and that poisonous energy is transformed into healing energy, willpower, and creativity that are stored in the unconscious mind as a strategic reserve that I can draw on from the potential state in any relationship. I can do that all day long.

Darin: That's the practice. Let's say I'm that driver, I'm welling off of that anger. It just happened, and now I'm aware. I'm sitting here at the precipice of I want to open my mouth, I want to hit the horn, I want to road rage, I want to do all that stuff. But yet, now I'm sitting there going, let's practice this, this anger, I can feel my body, my hormones, everything welling up, but I know it now. Then what do I do in transforming that as I'm sitting here about to explode? What is the best way for me to transmute, transform and sacrifice that energy? How do I send it back once it came?

[00:28:33] Being conscious of anger

Leonard: First, I think it's always helpful to be amused by the mind's habitual reaction. Always be amused at the mind's habitual reaction. But then be considerate, be loving because we need an ego, we need an unconscious we need senses. I got to quiet them down a little bit and just share with them that right now, we have the opportunity to transform this to base on router actions on our inner wisdom. Let's all of us for the sake of an experiment, take this anger, and offer it back to the origin from which it came. And just my intention of doing that will automatically transform it into healing energy, willpower, and creativity.



Darin: That's the beautiful thing and the opportunity, which I was like, life's not happening to us, it's happening for us on every level. You can observe someone as a mentor and saying, I want to follow that great learning that they're showing me and I get to learn from, and also the things and the people that do things not correctly, you can go like, I'm watching that, and they are causing a lot of harm to themselves and others or whatever, that's not what I want to do. Every bit of life can teach us how we can then line up with who we are, what we are, what we care about, and that inner wisdom.

Leonard: And in that process, it's critically important that we don't forget to wear our Doubting Thomas hat. As a good scientist doing an experiment, we always have to be a doubting Thomas, but we're willing to do the experiment just for the sake of science to see what happens. But after we take that kind of skillful action, rather than unskillful action, we have to stand back, examine, how do I feel? How do I feel physically, mentally, emotionally, spiritually, having sacrificed that anger rather than continued to poison myself? My answer has always been I felt better. Then through personal experience, I know not through hearsay, by reading Swami Rama or anybody else that might be offering some suggestions to me. No, you have to bring it in and experiment so that you become self-reliant. Don't be dependent on other people. Everything that you read or see on TV or the internet, it's all hearsay. We have no idea whether it's true or not. In many, many cases, you see these talking heads on television, for example, they're often wrong, but they're never in doubt but yet people just go along with it. Did you see what so and so said? Then you put that on the hard drive of your own mind, and then you start saying those things. Whose life in my living?

Darin: Exactly. There's a lot of that going on right now more than ever. There's an addictive side to this thing, too. There's stress, hormonal, addictive, vindictive, incessant part of this whole thing too, or else we wouldn't keep doing it. I don't know what the answer is, but what do you think that payoff is? Because I don't know about you, but there's a lot of people that don't want to give that up. If someone pulls in front of them and speeds in front of them and does something to them, they don't want to give that up. It's pretty intense. We've all met those people that are really, really heavy, heavy, heavy, reactive, dramatic, like this happened to me, this happened to me every day. What do you think that is? What is that addictive nature that they want to spend so much energy in that space and actually, divorce that inner knowing? Why the hell is that happening so much?

Leonard: It's a high, isn't it? It's a high, and it's an empowerment. I remember my mother, bless her soul, she got addicted to anger. Why? Because in the late afternoon of life in her late 80s and 90s, it gave her power, and it gave her a high. When she didn't have power over anything or anyone anymore, it's a powerful aphrodisiac that people who are not ready to self-examine and make those kinds of experiments, it's very easy to become addicted to it. Let's remember one thing that even before the addiction to any kind of hormone or substance of any kind, the first and most powerful addiction that human beings develop is the addiction to thinking thoughts that lead outside of ourselves for happiness, and security, and pleasure.

[00:33:37] The two kinds of thoughts

Leonard: There are two kinds of thoughts. In Sanskrit, it's called Pravritti and Nivritti. Pravritti are the ones that most human beings are seriously addicted to. Those are the thoughts that



lead out into the world, into the past of memory, out into the future of what if situations, and that's most of the thoughts we think that lead us outside desperately looking for happiness, health and security. But there are other words, like mantras in meditation that lead us inward, to the silence, to the fullness, to the wisdom, to the bliss. Most of our thinking process leads us outside, so it's only natural that we would become addicted to some of these external objects.

Darin: It's such a powerful thing. I can't help but to think when you're talking about your mom's anger, my dad was so angry for the majority of my life. It was like the alarm clock literally every day for probably 18 years of my life, the first 18 years of my life. You can see those shifts until my dad started actually owning and honoring himself, even though he lost track again later that I saw happiness in the first time when he actually started learning about who he was. That's the whole thing. I don't know how many examples we have to go through to realize that if you're just pursuing all of this stuff outside without the cultivation of the inner world and of that wisdom, it's literally just an empty pursuit. Then there becomes another pursuit and another pursuit and another pursuit.

Leonard: It's just like the Saturday morning cartoons at the movie theatre where the anvil is dropped from the 10th floor of a building and flattens the cartoon character to nothing, and then all of a sudden, it pops back up again, and then tries again. Then a safe is dropped on them, and then again, flattened out. So that's human beings.

Darin: That's kind of a beautiful and crazy part of this existence. It is serving up these opportunities, and they could be perceived as pain and difficult and filled full of resentment and anger and shame and all of these things. But at a certain point, in these investigations, I have never met a pain in my life that absolutely, I say this with every cell of my body, absolutely wasn't a massive gift to me, upon looking at it from a whole perspective.

Leonard: That reminds me of an important teaching story for me, so I'd like to share with you. This goes back close to 25 or 30 years ago, I had a very, very close personal family relationship with a man who had lower back pain. As a young person, I had a lot of back pain because in the back, the lower back was my area where I stored most of my fear, so it caused pain in my back. I said to this relative of mine, I said, you know, I've been practising yoga, but also yoga science and transformation of energy. I could teach you a few things because I know that your back pain, like mine was not an operative condition. Would you like me to teach you some things? He looked at me and he said something that was that was very profound. He said, "Well, if I didn't have the pain in my back, how would I know who I was? So thoroughly identified with the pain, this is me. I'm the guy with the pain in my back." No, that's not the truth. Shakespeare tells us that thinking makes it so. So if you think it, then it's true for you.

Darin: That has so much ramifications in so many people. Listen, this doesn't mean that it minimizes people's massive struggle for injuries and disease and all of that stuff, but it speaks to something that's again, the first part of this conversation was about, who are you, am I anger, am I back pain, and he consciously told you that. Then you question anyone listening, we all have aches and pains and issues and stuff. I'm not filling this out to people right now, who are you without your pain? Who are you without your anger?



Leonard: Who are you without your name because your name is just a label that was given to you by your folks, and it really just represents the habits of the mind?

[00:38:32] Beekeeper's Naturals Ad

Darin: As a vegan and a plant-based guy, guess what? I love honey. Yes, you heard that right. There is a right way to harvest and utilize the power of bees. One company that does this outstandingly is Beekeeper's Naturals. Their products can offer some real boost to your health that are packed with essential vitamins and compounds that are only coming from the bees that are clean and effective ingredients. My schedule is pretty insane most days, so I need to have a routine to set myself up in a way that leaves me feeling ready. When I started incorporating Beekeeper's Naturals' B. Immune Throat Spray into my routine, it made a huge difference to my throat because propolis is such a powerful medicinal part of what the bees use. This immune-boosting anti-inflammatory compound that the bees naturally create and that we can use is incredible for my everyday health. Yes, I'm constantly talking to people or into a microphone, so this throat spray helps throughout the full day. Bees play such a crucial role in our environment, and Beekeeper's Naturals are truly appreciative and honor that at the forefront. Their number one necessity is that the bees are happy and healthy. They even partnered with UC Davis Honey Bee Research Facility to raise awareness for and support the pollinator protection. They also send their products to undergo important third-party testing to make sure that their products are free from pesticides and herbicides. So, try Beekeeper's Naturals today. They have an exclusive offer, head to beekeepersnaturals.com/darin, or enter the code DARIN at checkout to get 25% off your first order to start feeling great by including something that's good for you, good for the bees.

[00:40:55] Third Part of the Interview

Darin: Listen, I've been in the food space and the health space for a very long time. It's always at a point where my dad suffered addictions, I have addictions in my family and stuff. So it comes to that place when if people are willing and able, if they're not willing to change, there's really nothing you can do. When they are willing to change, that infinite power. What is your thoughts on this because now I'm just totally fascinated? I was thinking this this morning in a meditation that I wanted to journal, and then I was like, nature, call it nature, the universe, but just using nature as the metaphor of its infinite power, nature is just powerfully nature. It will take a seed and punch through concrete. It will literally grow a forest in Chernobyl. You leave a city, people leave it alone, and nature takes over. It's just so powerful. So I was thinking, and now I'm thinking even more, if we let that and let go and allow this essence that we are which is nature, who and what could we be?

Leonard: And the key is our conscience because our conscience is the only function of the mind that can access the super conscious portion of the mind where all this wisdom resides at the core of our being. Religionists call it the soul. If we can train and parent the ego senses and unconscious mind to give us their limited perspective and then to quiet down, the conscience can reflect superconscious wisdom that can suggest to everyone the thought to think, the word to speak, and the action to take that will enable us to fulfil the purpose of our life without pain, without misery and without bondage.

Darin: That sounds really good. Why would anyone want to do that?



Leonard: I have absolutely no idea other than they have other stuff they want to do.

Darin: That's why I love your book, *Your Conscious*. Highlight a few of those things for me because karma is thrown around a lot. People don't really know what it is. Then some people think you have to believe in reincarnation. It's got all these weird things. The terminology gets so distorted sometimes, and then people don't receive the real messages. Again, you're not coming from this as an esoteric, not grounded perspective. You're actually coming from a very pragmatic tool that you're using to harness and shape and sharpen that which you want to give greater attention to. I felt it in the words you were using in the book, but now just speaking to you, it's very clear. That's where it's really just heartwarming to know that all this stuff is not out there, it's things for us to do. Maybe you can explain the wisdom side of this thing or the difference between your ego, the unconscious, and then really that bridge of the conscious mind and what that looks like to live from as opposed to taking orders from the others.

[00:44:36] 4 difference voices of the mind and their purpose

Leonard: It's really endlessly interesting, and most of us had an inkling of it when we were young kids that it seemed to virtually all of us that there were different voices in our mind. As it turns out, there are. There are four voices. There are four functions of the mind that create action in the body that bring about consequences. That's a reference to the law of karma. Law of Karma says thoughts lead to actions and actions lead to consequences. Newton saw that and he said, that's my third law of motion. For every object, there's an equal and opposite reaction. Thoughts lead to action, whether it's words, or physical deeds, and all of those actions lead to consequences. While most human beings already know the consequence we want to experience, we want to be happy, we want to be healthy, we want to be secure. The only question is, do we have a business plan? Have we been taught a business plan? No is the answer. But if we can learn to create a business plan, a philosophy of life that encourages us to base our outer action on our inner wisdom, we will look at the mind, look at the ego, senses and unconscious mind and the conscience, see how they function and learn how to better coordinate them. The ego, which seems to me is hardwired to the reptilian brain, which means the ego always fears annihilation. The ego identifies any unknown change to some form of death or relinquishment of control. That's ego. The ego always insinuates itself in every relationship and divides everything up into pleasant and unpleasant, good and bad, like and dislike. The ego wants to reprise the pleasant and wants to avoid the unpleasant. Well, that can be okay but I know personally from my own life experience that which appears as pleasant isn't always good for me, and that which appears as unpleasant isn't always bad for me. If I blindly follow just the limited perspective of the ego, I'm going to be in a whole lot of pain, but I want to hear from the ego, and I want to welcome it, but I don't want it to run the show. Now the ego, like the senses and the unconscious mind cannot make a decision. These are the three advisors that collect information from the world. Then they become lobbyists. They lobby the conscience, which is the only function of the mind that can make a decision. That means every choice that we have ever made has actually been made by the conscience, and every choice we will ever make is always going to be made by the conscience. But if the ego senses an unconscious mind are unruly, advocates, creating anarchy in the mind. They're loud, they're pushy, they create so much noise in the mind. They're so certain that this is going to make us happy, this is going to make us secure, this is going to make us healthy. So certain, there's so much



noise, the conscience will still make the choice. But because of all that noise, its capacity to reflect superconscious wisdom is diminished. So instead, it will simply rubber-stamp the loudest voice in the mind, and that gets us into trouble. But if we can insinuate ourselves in a intimate relationship with our own mind, with the ego, the senses, and the unconscious mind, and parent them, we can provide relatively easy experiments, like brushing your teeth for two minutes, rather than having a second piece of apple pie, just for the sake of an experiment to see if what you thought was going to be unpleasant turned out to be pleasant. That's the kind of experiment that even the ego senses and unconscious mind believe after the fact that it wasn't so bad. Certainly, I know from personal experience, the senses delight in having the teeth cleaned, rather than having the tongue feel all that mossyness on the front teeth because I haven't brushed for a couple of days or whatever. So if I can train the ego senses and unconscious mind to be quiet, and then ask the conscience to weigh in reflecting superconscious wisdom, then it's up to me as the parent to encourage everybody to do an experiment. I reinforce and I tell ego and senses and unconscious mind, an experiment is an experiment. It's not forever. If it doesn't workout and you don't feel better, we won't do it again. But you know going in as the parent what the outcome is going to be, that's why you don't give the ego senses or unconscious mind anything too difficult to deal with.

Darin: What are some things that people can take away right now to start practicing aside from just hopefully the next time they're in the car and someone cuts them off, they'll at least remember this conversation and not allow themselves to be yanked around so much, but what are some things that people can do?

Leonard: The most important thing for every human being to recognize is that every thought that comes into our awareness is not a command. It's just a suggestion of what to give your attention to. Only the conscience knows for sure which thoughts are to be thought, and which are not. So I would appreciate it if anybody who's listening to this conversation, I would ask you not to believe a word I have said. True, I don't want you to be dependent on me, but if anything rings true, in your own life's experience, experiment with it. Be a doubting Thomas, but experiment with it and discover the truth for yourself, then you'll change your perspective. By changing your perspective, you will definitely change your experience.

Darin: Wow, that's beautiful, and I was smiling when you said that. It's so powerful in the sense that whatever thought, feeling, or emotion comes up, it's not a command, it's just a suggestion. You don't have to act that way because we all have experiences where we've acted, and then for the rest of the day or days after, it's affecting us. There's this expression of letting the bees out of the hive. It's hard to put them back and they're all over the place. It's a swarm. We all know that. I strongly encourage everyone because there are some great tools in your book, *You're Conscience*, and I just love your pragmatic way of unpacking this because this is everything, being aware and more conscious, so that we can make choices that are more in line with who we are, what we are, and what we actually want in life.

Leonard: And it's really a dire necessity. All you got to do is turn on the TV or read the evening paper. It's a dire necessity. It's up to you and me. It's not up to anybody else. You have to change ourselves first. If I can purify my own instrument of my own ignorance, then by changing my consciousness, you help to change the consciousness of the planet. There's only one consciousness.



Darin: Where can people find you and where can people find the book?

Leonard: The book has its own website at yourconscience.org and our website at the American Meditation Institute where I teach is americanmeditation.org. Just another point, and maybe you can share this in your notes. January is National Conscience month. It's something that I started three years ago. It's an opportunity to listen to Jiminy Cricket and let the conscience be your guide in thought, word, and deed, and just see what happens with the experiment, but we would like as many people as possible just to be aware that January is Conscience Month. We all have these new year's resolutions that we think about bringing into fruition, but it's a wonderful time to start experimenting or further your experiments with the conscience.

Darin: Dude, thank you so much.

Leonard: It's been a delight.

Darin: Thank you for bestowing your wisdom that you've been able to cultivate the truth, and then be able to share it so eloquently with me and everyone listening.

[00:53:51] Podcast Outro

Darin: Thanks for tuning in to this episode of The Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you'd like to learn more about my incredible guests, you can find all of their information in the show notes on my website. If you enjoyed this episode, or even you didn't like it, please rate this podcast. The team and I value your feedback so we can continue to give you the most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share anything you feel called to do. I truly appreciate it, and I love and value your support. So, thank you, and I'll meet you in the next episode.