



[00:00:00] Intro

Darin: You are listening to the Darin Olien Show. I'm Darin. I spent the last 15 years exploring the planet looking for healthy foods, superfoods, environmental solutions, and I've had my mind blown along the way by the people, the far off places I have been, and the life-altering events that have changed my life forever. My goal is to help you dive deep into some of the issues of our modern-day life, society's fatal conveniences. The things that we do that we're indoctrinated into thinking we have to, even though those things are negatively affecting us, and in some cases, slowly destroying us and even killing us. Every week, I have honest conversations with people that inspire me. My hope is through their knowledge and unique perspectives, they'll inspire you too. Together, we'll explore how you can make small tweaks in your life that amount to big changes for you, the people around you and the planet, so let's do this. This is my show, the Darin Olien Show.

[00:01:22] Guest Intro

Darin: Welcome to the Darin Olien Show. I always find it funny saying my own name, but that's what the name of the show is. So I'm Darin Olien. Thanks for being here. I'm stoked for all the love of the podcast for the Superlife book, for Down To Earth. Who would have possibly imagined that a bunch of the stuff that I've been working on for a long time kind of hit the top of the charts and hit a chord with people, and I'm just so excited about that. I'm grateful that this kind of messaging is common sense, messaging of taking care of yourself, eating well, sleeping well, eating great plants, being advocates for the environment, whether you are a hardcore global warming advocate or you don't believe it at all. It's common sense to move in a direction that's more kind for the environment, more beneficial for the ecology. And if you double down on that, we literally, in absolutely can profit from doing good. That's what I'm stoked about. And the people, every day people, I get now thousands of messages of people who want to do good in the world, want to be a better version of themselves, and always improve. And I'm grateful for that. So on that note, if you haven't checked out my 121tribe.com, and you download the app, this isn't even a plug. I'm just plugging it because there's three free days on there that you can learn about your health, take action on it, eat some incredible plant-based meals and benefit from that. Hell, if you don't want to buy the app, it doesn't matter to me. I want you to take the information and apply it and be a better version of yourself. And if I can support you along that way, then I am happy to be a part of that journey. So my next guest is a very good friend of mine. And that is the infamous, the amazing Kenny Chesney. And the thing is, I never really listened to his music before I knew him, so I knew him as this sweet, kind, beautiful person. And just getting to know him and his heart and his care for the fans, his care for his crew as the second family and his loyalty as a friend just speaks so much of who this person is, and I think one of the most successful country music artists of all time. I think because of his heart that's so big and because he's empathic and sensitive and cares about you, that's felt. And so we talked about sustainability, we talked about doing right by the planet and the products we buy and the advocacy that we take and also by Kenny honoring who he is and sharing his love to you, that's a sustainable act because it's sustaining, that feel-good of connecting and listening to the music.



Now, Kenny and I sat down well before the COVID. I just didn't want to release him right away. I wanted the podcast to gain some momentum. And I wanted to expose Kenny in a different way. And him and I sat down as friends, and I don't think he does a lot of these types of interviews, so I'm excited that he trusted me and having this beautiful interview. And this guy is just amazing. Kenny tops the billboard, the top 200 for the ninth time. He is just an incredible human that's dedicated to just creating amazing music. So we talked about him going on tour on this conversation and he wasn't able to obviously with COVID and everything so they rescheduled that. And that is the 2020 Chillaxification is now rescheduled for 2021, so check that out on kennychesney.com, and you can get all of that new information about the rescheduled shows. I'm excited for you to see, well, to hear and feel who Kenny is in this episode. And I'm excited to expose to you a different side of this incredible human, Mr. Kenny Chesney. Enjoy the show. I love you.

[00:06:37] First Half of Interview

Darin: You live this life, you go on tour damn near every year, part of me is like, there are a couple of things. Number one, is it sustainable? And if it isn't, what are the things that you have to do to keep yourself in check and also perform. You've had such a long career, so there's something that you're doing. You're healthy, you're alive, you're doing something that keeps this balance. What would you say it is?

Kenny: I think that I've been able to sustain it to this point. And the answer to your first question, it's as sustainable as long as you take care of the music and take care of the connection of it all. Once you lose sight of the people out there that really give a lot of their life to come hear you play, then I think that's where a lot of people start to slide downhill a little bit. And for me, it's always started with the music. You can do a lot, we see a lot of people, you hear a lot of people on the radio and see a lot of people on television, and they're hyped up and they do a lot with smoke and mirrors. And you can do a lot with smoke and mirrors for a while but at some point, you have to show up. And you have to be your honest, true self. And I think from my audience anyway, they're pretty smart. And I think they can smell a rat pretty quick. And they push me and they know if I'm mailing it in. They know if I'm, which I've never done, every day there's--you're a human being, so you're not going to be the same every day. But I think one thing that has been sustainable for us is that we have given them everything we've had every day. We have different energy every day but one thing that we've given is energy. And I think that for me to do that, I've had to be really conscious about how I go about my life and I've treated my body and my preparation to go on a road a lot like an athlete does to play out like a football player who plays a 16-game season. And that's the way I trained. It's the way I train when I'm on the road. And I've had a lot of friends fall into the traps that are out there with a little bit of success, a little bit of money, and then all of a sudden, they quit taking care of their body and all of a sudden, it's not sustainable. And this is a struggle that I have and constantly. At this point of my life and career is constantly trying to be my best. In the last couple of years, I feel like this is one thing that my workout group here has helped me with, is before this, I felt like it was a little robotic. The eating and the preparing and the working out, like it wasn't a part of my everyday life. It felt almost robotic and it was a part of my job. And I feel like that coming out here has



really changed that for me a lot. And where it's more of just a part of my life and not a part of my job. But I would say being able to sustain what we've been able to do when I started on the road in '93 there, but it always wasn't that way. I was eating pizza and drinking beer at two o'clock in the morning and having a blast. We had a big time, but there was a moment where I realized that I wanted to be better and I wanted to do more. And I realized I had to change a lot of things.

Darin: So what does that mean for you now? For you right now, what does it mean for you to be better?

Kenny: Well, I think that I don't know where I got it from. Maybe my mom, my father, maybe a little of both, or maybe someone in my family tree that I never met. But I have this fire inside of me that wants me to just be better at my craft. I think you can get lethargic and lazy, especially when your brain has used that creative space that it has for so long, I have felt this a lot. This creative fatigue and I try to push past that a lot. And once I do, I'm great, but I just feel like the idea of being better is just taking care of my body, taking care of my God-given talent, taking care of my creative spirit and my heart. And if I do all that, then I'm better on stage. I'm better in my life. I'm better as a friend. I'm better as a son. I'm better in all phases of my life. But if I let myself go, which I do, I get really tired at the end of a tour. If I let myself go too long then I feel out of sorts. I don't feel like just the basic foundation of my life is okay.

Darin: So when you're finished with a big project or tour, you do kind of take a time out. And what does that look like?

Kenny: Well, usually, if I can paint the picture for you, it's got to do with the Caribbean waters, it's got to do with a boat, a cooler, probably more beers and then we should drink. And so that's been my cycle. And I'll tell you, I feel terrible when I do it. In my brain, when I go back to the robotic part of me, I've been on the road all year, I'm as lean as I could possibly be because I'm up there all night running around in the summer heat. And I don't know what it is, it's just a mental switch that just clicks off. And I don't work out for a couple of months, and I've been working out with a guide in Tennessee, his name is Daniel Meng. And after a couple of months of being off the road, I always tell Daniel that he's got his job back. But that goes back to sometimes I'm guilty of taking extended periods off. And if I do that, honestly, I get depressed. It's crazy. And if I don't move, I overthink. And when I overthink, I think about all this stuff and I don't know, I get into a weird space that I don't like.

Darin: That's part of the reason probably why you just reached out to me recently about food stuff because if I could tell over the years now I've seen you back and forth, you can tell that there's that certain part in you. You're incredibly sensitive and open and warm and heart-led person, zero ego. You don't try to prove yourself. You're just humbly moving through, and I see this with you. But what I see when you come back, there's a certain part where you know you haven't been optimizing your life and it's starting to pull you down and I can see it in your eyes, like you're a little you suppressed, you're not clicking and so then you inevitably, you want to get back in balance. So is it something that--

Kenny: Which affects all areas of your life.



Darin: Because I can imagine nor can many people say, hey, I give everything for months and months and months and months and months my sweat my tears--

Kenny: Soul.

Darin: my soul, like to share it. Listen, going to a concert, anyone who've got the pleasure of going to one of your concerts, number one, people who haven't, even if you're not into this kind of music, I'm telling you, it is unbelievable because of the energy you bring to it, and the talent on top of it. So I can't imagine the amount that goes out and then the unplug that needs to happen. So in an ideal world, say you could do over right now, what would be a better way for you to stay in balance and yet still take time, soul time and replenish yourself without kind of going too far, if I could say it that way?

Kenny: Well, yeah, I struggle with that. Honestly, I don't know the answer because I part of that is being out here, but I think I'm in a place in my life where things that used to make me happy after tour, don't. I don't know. I'm just at a different place, I think. And it's hard to explain what happens in my mind when I'm off tour. Every year, we end our year in Foxborough, Massachusetts. We do two nights at the Patriots football stadium. And there's so much energy that goes into end of that and it's like a celebration of our life, our tour, what we've all been through. And I want, even though I'm appreciative, and even though I know I'm blessed, I want so far away from it once that's over for a while. And I, to this day, still I don't know the answer to your question. I still to this day struggle with that time of my life because it takes two months for me to just relax from it all.

Darin: So it's a transitory time of like, you've just done your own Super Bowl, you've gone through a season, you end up in the stadium, you give everything you got, but once that's over, you just need to almost in this massive level shut down, turn off.

Kenny: Yeah, I do but it's a really tough thing emotionally and mentally because you've been in this space for eight months, and you've had all this love, this energy. Now, the energy is the big word, you've had all this energy that come hit you in the band all year. And I say this, it's the toughest thing when you're even getting off stage, but especially when you're getting off tour because your night, your summer has been full of energy and it's just you can't make it up. You got to be in the middle of it to feel it. And when it's over, it's silence, and it takes a long time. It's a hard transition for me. It takes a long time for me to not want to feel that even though I'm as exhausted as I am but it's a really tough transition. And especially on tour, look, it leads to anybody would feel when you're in front of that many people and around that many people and you feel that connection all night and you're not in the bus with the band and the crew, you're in your own bus, sometimes, it's a really silent place, and it's hard to make that transition. But the answer to your question is I don't really know. That's still one of my struggles. It's one of the reasons I come here, like working out at the pool has been really good for me. I I could do that earlier, I might, but it's been a struggle. I give so much, like in January, this has been the treadmill I'm on if I could use that term. I start training really hard, I measure my meals, I exercise exercise five days a week, and I run and I'm just constantly working towards being in



that moment. And I'll be in that moment till the end of August. So, by the end of August, I don't know, I'm just kind of sick of it. But you said something a few minutes ago about the balance of it all. I really don't have balance. I truly don't. I'm working on bringing the unbalanced part up a little bit. If I could just bring it up a little bit, it would be great.

Darin: Well, if you look at this reality, you're doing something and you're putting out a ton of energy, you're receiving a ton of energy, you're running around all over the United States, and there's something very physical about all that but you always bring up energy. And so I can only imagine, this is my projection on the situation. I can only imagine, it's got to be an inner deal. It's got to be sorted out inside because all of these things are occurring and distractions and temptations and I use this term called fatal conveniences.

Kenny: I live within that.

Darin: Yeah. Well, listen, you're successful. You have a plane. You can fly anywhere you want. You can buy several homes. You can do what you want, when you want, especially when you're out in tour. So there's a convenience to all that but there's a slippery slope to conveniences. They slide down pretty quick. And you get, like colleagues of yours who haven't done well of diet and drug overdoses and addictions. And you steered just clear.

Kenny: Just not taking care of themselves. I think that the one thing when you talk about it being an inner thing, and it's the one thing that I again struggle with is by the end of the summer, there's nobody coming to me wanting to feed my soul everybody. It's just the way it is. That's the nature of the business. They all want. You got to meet this person, you have to meet this person, there's a really good reason to meet this person, or these people or this group of people because it's the business of doing business, and I get it. But after about eight months of that, and then go on doing the show, I know it sounds "why, poor me," but I'm just trying to tell you that none of that feeds your soul, so I need the time. I think that's what happens to me is when I'm done, it just clicks. I want to go feed my soul and some of it's good for me, so it's not good for me. But over the years, it has fed my soul up a little bit, but I feel that changing in my life. It goes back to me saying what used to make me happy doesn't make me happy anymore. It makes me really happy to have the mask on and do the jumps in the pool now. Makes me really happy. When I'm out here, I'm really healthy and I'm not drinking like I would on a boat. I don't wake up feeling terrible. So that has started to feed my soul in different ways than the habits that I've had that were fatal conveniences. That's the part that I really am thankful for and I got a lot of gratitude for is that you and I become friends and all of our group up there. I know I keep saying it, but there is a certain energy and we all feed off each other and it does a lot for my brain. And that's one thing on tour that I don't get. I get super fed by the audience. My brain is stimulated, you have no idea, but they don't ask anything of me other than to go out there and give my best and give them another summer that if there may be a kid in the audience that's never had music in his life ever. And if I do my job, he may have music in his life for the rest of his life but they don't ask any more of me than that. And that makes my brain happy. I guess I'm at the point in my life with a business of doing business. I don't know. It leaves you soulfully and mentally bankrupt. I don't know. I'm looking for balance in that way too. So it's crazy. It messes



going back to what you said, it messes with the inner part of you to try to find some way to feed your soul and your brain.

Darin: You said something earlier where you still desire to be better at your craft.

Kenny: Oh, yeah.

Darin: And I would imagine that driving force at least now is stronger than this other stuff. It's just you have to deal with the ups and downs of sometimes you get to fire people, sometimes you got to make hard choices and that you're the leader and everyone comes to you, and there's no kind of break especially when you're on tour. So it's like if you still have that desire to be better at your craft, not just being better at playing your guitar or doing vocals. It's working out, eating well, hanging out with good people, recharging yourself. These are the things that you're describing. So it's like, is there a perfect path? I don't think so but you make course corrections as you go.

Kenny: Well, I think I'm learning at this point in my life that all that's connected. I have to take care of myself or something's going to suffer. I feel like that's the core foundation. The most primal thing is taking care of your mind, body, and spirit. Now, I'll admit that I've spent more time taking care of my body than I have my mind and my soul and my spirit. I'll admit, I have totally 100% not fed that myself either, but I'm at a point now where I think that I've been able to get rid of some negativity in my life and things that were in place in my life just because they've always been in place. When you're on the road this long, you have a group of people that did something really special with you. And sometimes that there is a sense of responsibility. I don't feel responsibility for them, I feel responsibility to them because they were such a part of this, but that's really hard when you when you have to let go of some of that. But once you do, it really clears the air and opens up this whole other thing, and I had to learn that the hard way a couple of times.

[00:27:54] 121 Tribe Ad

Darin: So for years, maybe most of my life, people have been asking me, "What kind of foods do you eat? What kind of exercises do you do? What kind of water should I drink?" All of these things and so much more we put into a 21-day program so that can take you through a theme every day of knowledge, action, and then eating these delicious meals, working out, getting support, anchoring in these new habits so you can do what? So that you can kick ass. So you have the energy, the vitality to live the kind of life that you really want. That's what it's all about. So all in this app, we have grocery lists, we have education about real hydration and what greater oxygenation and the balance of alkalization. All of these things we are diving into as you're heading down this hero's journey of implementation into a new life to give you the kind of life that you actually want. So join my Tribe. All you have to do is go 121tribe.com. Sign up, and you get three free days. Join me on this hero's journey. Join the Tribe.

[00:29:19] Barukas Ad (Shortest Version)



Darin: Many of you who follow me know I've spent most of my life searching for the healthiest foods on the planet. If you look hard enough, there are a few unknown extraordinary foods around the world that people still don't know about. And a few years ago, I came across my favorite superfood discovery of all time, Barukas nuts. When I first tasted them, my eyes lit up. The taste alone just absolutely blew me away. But after sending them to the lab, which I do and getting all the tests, I realized they're the healthiest nuts on the planet. No other nut even compares. They have an unusually high amount of fiber and they're off the charts in super high antioxidants and have few calories than any other nut. It's jam-packed with micronutrients. But they're not just good for you, they're really good for the planet. Most other nuts require millions of gallons of irrigated water, but Baruka trees require no artificial irrigation. Barukas are truly good for you, good for the planet, and good for the world community. It's a win all the way around. I really think you'll love them, so I'm giving all of my listeners 15% off by going to barukas.com/darin. That's B-A-R-U-K-A-S dot com backslash Darin, D-A-R-I-N. I know you will enjoy.

[00:31:22] Second Half of Interview

Darin: I'm shifting gears a second, what would you say the top three things for your success are?

Kenny: I feel like that the obvious part of it is, is that you have to keep growing as an individual. I feel like that as a creative person, if you stay in one place that, I've seen people be guilty of this, they just don't push themselves, they kind of found a spot where they were successful and they stay in that spot.

Darin: So what does that look like for you when you find yourself pushing yourself and not staying?

Kenny: I surround myself with-- I'm 51 now and I try to surround myself with different people with different energy, especially the creative people to get me out of that mental rut because you can set and write the same song 100 times if you don't have those guys and these creative people. I feel like that's the one thing that has helped me a lot and stay relevant is because I found people that just wrote different melodies and had fresh ideas, and that fed me as a creative person. I think that's one thing.

Darin: And that's huge because as a creative superstar, it's easy to go, I already know.

Kenny: Oh, yeah. Well, that leads into a second thing, is trusting people. I think once you learn to trust people with certain areas of your life, I feel like that's really important for me to be successful. If I had the mindset that, okay, I'm going to write all the songs myself. I'm going to design a light show by myself, I'm going to do everything by myself, and I've been that person, and almost to a fault where the crew guys hated me, but I had to let go and trust in them. If you don't, you're going to wear yourself out and you're not going to find the joy in any of this. So that's number two. I just think you have to take care of the music. You have to care. You really



have to care because I promise you, whether you're selling shoes or music or Shakeology, if people see that you don't care, why would you ask them to care?

Darin: Right. 100%.

Kenny: So I truly care about what I do. And I know all that stuff sounds basic, but it really is. It's just taking care of yourself, caring about what you do, caring about the people that love your music, and I truly do. I look into the audience and I see kids out there in the amphitheater, in the grass and I really remember me going to see shows and that's me. I couldn't afford anything, but I could afford that ticket, and I wanted to go. And so I just felt that when I'm up on stage, I feel this connection and I feel the idea that there are people out there that were like me when they were in high school or college or as a young adult, and they know, I believe they know and can feel that I'm really no different. I'm just singing the song. I feel like they feel this common bond with us backstage, the same we feel with the people in front of the stage. I don't know. It's just a blessing to have that in your life but you have to take care of it. You can't take it for granted. You have to take care of it, you have to push yourself, you have to like I said, you have to care because there's a lot of options. If they see you dial it in and you don't care, if you're just there for the money, they're going to go somewhere else, but that's not how we built it. I love music, man. I love it. Music has been so much medicine for me in my life. When I go to shows and I would see people that didn't lose me, I never went back. When I went to see Springsteen, or when I went to see, whoever it is, I mean, when I was moved, I never left. And I think that's because they cared.

Darin: And I think that's such a huge point regardless of someone's job and I hope they hear that because caring is not money first. It's that whole thing and as cliché as it is--

Kenny: And it's not necessarily famous first. It's not money, fame, any of it. It's like you said, the inner fire.

Darin: Yeah. That inner deal, that inner fire and caring about what it is that you're doing and sharing, which as you say that, I'm sitting there hearing you going, "Well, of course." That's what I saw at your concert. That's why 60,000 people can show up all the time in every frickin city you go to because there's something beyond the words. There's a delivery mechanism that you're stepping into, the energy that you're cultivating from, the place that you're cultivating it from, and that is massively different than we've all seen that successful artist who is literally just regurgitating a song that they didn't participate in, they didn't write. Not that you have to write every song, but that they didn't care about and you're like, I don't want to listen to them. They're talented--

Kenny: But you don't believe them.

Darin: Right.

Kenny: That's the thing. I literally went to a show and I couldn't believe this artist did this. I'm not going to say who it is, but they went to a show and they had a shear around in front of the stage.



And I guess they did it for lighting reasons because you could do different things with the lights on an off white, it was like a curtain. But what it did, it gave the audience and gave me the impression that you guys have to stay out there, we're going to stay up here, and you guys can't cross the line. And I've always had the mentality of we're just going to come in here and open up our arms and tell you we love you. We're going to kick your little ass for two hours, and you can come anywhere you want. We open up our arms and say come on in. And that kind of thing is contagious. It's contagious in front of the stage, it's contagious backstage with everybody that works in the production office through catering. If it's a positive environment and not a suppressed one or a depressed one, you'd be amazed at how fun this can be because I've been to shows of my friends. They're my friends and I feel out of place walking backstage because it's the kind of energy they push out to everybody. And I'm going okay, well, shit. I do this for a living and I don't feel comfortable back here.

Darin: And if you're the leader of that situation, you are setting the tone for that energy.

Kenny: That's right.

Darin: And I've been around a few--

Kenny: And that's contagious, too.

Darin: Yeah. And it's magnetic. It attracts the same kind of vermin that like that energy and it's different than an open arms, we love you energy.

Kenny: But if you have an artist that is so within themselves, and that they can be brilliant, and I see it every day, I've seen artists that are so within themselves and so brilliant, and they go up there on stage and they're brilliant. They're great, but they forget to connect. I think something suffers when someone's in that spot.

Darin: Something that's just obvious now. And then I said, hey, it's got to be an inner deal. And then you say, well, I struggle on these few things. But the reality is that you're living closer to your inner deal and connection because you're all about connection and energy, connection and energy. I've heard you say that way beyond this podcast. I've heard you say it so many times. And I see it in you, which is also why I feel connected to you because we're open or just when I talk about superfoods, I've been around the world. I'm not making it up, I give a shit about this stuff. I care to jump on the backs of water buffaloes and trains and planes and be in the middle of nowhere because I care. And so when you see other people who are coming from that willingness, it's attractive, which is why I could probably say every one of our group is doing that in their own way. They're caring about what they're doing, they're showing up in their life. That other energy, we've seen it spit out people. It just doesn't fit doesn't work. So I just want to put an exclamation point on this and reflect back to you that you have a very, very strong connection to your inner world. You've cultivated it through the expression of it, and it looks like a concert but in fact, it's probably just this balance. We're physically on this plane of existence. You're just tired a shit at the end, but your soul, I would redefine that but I bet your fucking soul is soaring.



You're just physically fucking beat up. And so it's that wrestle between what does my body need, what is my, of course, mentally because that's still part of this reality.

Kenny: Brain focus.

Darin: Yeah. So I would venture to guess that you are a master of your reality, and it's just a matter of understanding the compartments to which you've come out of and the nurturing, redefining the nurturing that you need to put you back online again, not from a soul perspective, not from a beyond physical energy side of you but from a physical side of you, from a mental side of you. What do you need to come back online in the best, most efficient way possible without suffering the detriment of the good energy? Do you know what I mean? Because that's what I see in your eyes and it doesn't take long for you to pop out of it. I would say you know you more than you let on. And then it's just a matter of you giving yourself permission to nurture yourself in the right way and these other conveniences, these other subcategories of fatal conveniences, too much beer, too much of something, and then it sort of slide on the other side, but don't ever say I can't have it. Just find the balance so it doesn't slip down the muddy slope on the other side.

Kenny: Well, I think that a few people in my life that you know, can tell you that I am a creature of extremes. So when I'm on the road, I'm extreme about working, I'm extreme about my diet, I'm extreme about preparing. But then again, when I'm off, I'm extreme about jumping in the ocean, I'm extreme about watching the sunset and having some cold beer, but I got to find the balance in that where I can do all everything and still, like you mentioned something in our conversation from a couple of weeks ago. When I reached out, I said, I just need a reset. I need to talk about diet. I feel like my body needs to change, my brain needs to change. And I don't know, because I feel like it's possible for me to have both. I think it's what's so attractive and what led me so much to this place and these people and our group, our workout group because it was something that I was craving but didn't know it until I was in the middle of it. I don't know. I have a place in my life where I feel like my body really needs and my brain really needs change that feels robotic. That's what I love about the breathing. As much as I hate the ice. I hate it but it's such a life equalizer.

Darin: Kenny's talking about the ice bath that we submerge ourselves in on a daily basis.

Kenny: I hate it. As much as I hate it, I had one made to take on the road with me because when you're out there, the first month is great. After four months of riding on a bus, getting up and eating catering and meeting people, and sometimes, you don't even see them. You know they're there. It's an object. I'm talking about meet and greets before the show. I meet probably 200 or 300 people a night. When you came to the show in San Francisco, I said I'll be back 45 minutes, and then I came back to the bus and we had a moment to chat before the show, that's where I went. And it's energy. It's just all coming out, nothing's coming in. But when I'm on stage, it's all fed. But I think that's what I'm looking for in my life now is to find the balance off stage because that's just-- I think when I come here and you can see that I'm tired in my eyes, it's the kind of the struggle that I go through in my life because look, when I'm on stage and you



got 60,000 people loving you, everything's perfect. Life is exactly the way it's supposed to be. You're up there with your band, you're sharing all this moment, this life moment. That's like a great show is like a great-- if you believe, whatever you believe religiously, but it's like a great shared moment, like in church. It's this spirit moment. And there's all these people are there together and they-- This is what I think is beautiful about it is, everybody's there sharing this together. Now we'll go back and play that same market the next year maybe, but it's not going to be the exact same people. So that's what's beautiful about live music is when they're there, and you're there. Everything is fine.

Darin: All now.

Kenny: It's all now, nobody's thinking about tomorrow or yesterday. It's right now. And that's what's beautiful about those two or three hours, but that's two or three hours, and then there is the rest of your life. And I spent the majority of the rest of my life preparing for those two or three hours. And that's where we talk about balance and what I'm searching for is that. And if I can find that, they would just help those two or three hours even more, but, I think I'm in a place now and I think everyone around me can see it that the brain and the soul and the heart, all that needs is to be fed a little more away from those two or three hours. And it's my own fault, it's all me 100%.

Darin: I would say to you, number one, do you want to perform next year? And it's all of those things we talked about, the connection, you love doing it when you're performing, not talking about business, you want to perform next year, that is a desire of yours. So then when you're feeling heavy in between the moments of you're just doing things that you need to do, connect. This is a practice. I'm explaining something that is working a muscle. Practice going into the concert as if you're there and pull that energy to you now, and keep filling yourself up from that, which you will experience again and that you have before but that's what I would say. And that's, you know, Dr. Dispenza could get into all this a lot more than me but that's what you can start to do that is upon your own ability to do it rather than succumbing to the--

Kenny: Yeah, of living within the negativity of it all. It's hard. For me, I'll tell you, I was trying to explain all this to everybody that works with me and management and promoters and everybody that's involved in my life out there. When I was thinking about whether I was going to tour because this particular year, we only did two months, we had April and May. And they went, well, why don't you want to do June and July? I said, because when I get into this funk out there, and I walk from the back of the bus to the front of the bus, from the front of the bus to the back of the bus, thinking I want to see something different every time but I keep doing it, I just feel stuck in it. You're right when you said it like, it's not depressed, it's just like the environment of the circus is what it is. And it just, I don't know, I felt like if I had the tools to do what you're talking about then it would really help the time within all that.

Darin: Well, I know it at my soul to your soul, I know that we can cultivate an energy beyond our circumstances. I know that we can do that because we started this conversation going, it's an inner deal. Wouldn't you agree? All of this shit, everything we're talking about is an energy.



Certain things that we do, we trip upon our inner deal and then have an experience. So it's like, you're talking about your concert from an inner experience, all of it, which is why you're you, which is why you are what I described to you earlier saying, you're this open, tender, caring person. So it's just a matter of those times where we go unconscious, times we allow an energy to disrupt our inner world, and then how can we build our inner world back again.

Kenny: That's where I'm at. Honestly, it all boils down to that because I don't think it's about-- Somebody asked me the other day if I was happy and I went, was anybody ever really happy? Come on, what kind of question is that? Which is my way of deflecting, right? 100%.

Darin: Come on, is anyone really ever happy?

Kenny: What kind of question is that? I think that what I'm talking about with all this isn't about happiness, it's about--

Darin: Contentment.

Kenny: Yes, and pure joy. I feel joy up there. I feel joy in the pool. I feel joy in the sunsets I see. I feel joy, honestly, with a really good glass of red wine from Italy. I love Italy. I know I feel joy in it. It makes me happy. But I think where I struggle is finding contentment within my life away from all that stuff. I was thinking about the other day, I was sitting down at the house and I was thinking about this journey that we've all been on out on the road and how fortunate I feel but my brain has been wired one way. It's just go, go, go. And it's just been constant. It's 20 something years of just moving and being somewhere different and going somewhere else, meeting someone new, which is great. If my life wasn't like that, I would be really unhappy. I think in the still moments of my life is where I really struggle, where I'm content because I've had a few people in my life that know that finding that joy in small things, but I'm learning. I think that's what's missing and help filling up the other side, but I'm learning. I think that's why I love the breathing. It's just such spiritual. You get to a place and you just go, oh my god, I feel like another person.

Darin: It's the space of you. We enter the space of you--

Kenny: And I feel joy. I feel real joy. I don't know, contentment is a good word because it's hard for me to be content and live in that space when I know when leave here that I'm going to have four or five people that need something right now and it's a really good reason for it.

Darin: So how can you stay content within making decisions and giving to people? That's the question, and that's the practice for you.

Kenny: Yeah. It's a thing that I really need to figure out, honestly because it's the root of-- Look, I love the life I've built. I love having my own SiriusXM radio station. I love you, the companies that I have, and I love the life we build out there on the road, and the audience we built, and the connection of it all, but I am craving balance within it and contentment, which has affected a lot of relationships in my life.



Darin: I'm sure.

Kenny: It really has.

Darin: I'm sure. Well, you're on the road and you're willing. It's just a matter of we all have a monkey mind. We all have those same ruts that we want to fall into. Just like you said, you just described one. You described not only a physical rut but a neurological rut that your brain just will completely jump into.

Kenny: 100%.

Darin: And it's just a matter of, it's not that these experiences need to change, it's our experience of the experiences that need to shift.

Kenny: Right, because your brain goes down the same pathway and it knows that way.

Darin: Then we're unconscious to it.

Kenny: Where's the stimulation in that? So that's what I struggle with a lot.

Darin: So, for your fans, what are you up to now? What are you doing? What are you excited about?

Kenny: Well, I'm excited. I've got a song right now that I wrote with Ed Sheeran.

Darin: Oh, nice. It's out?

Kenny: It's out now. It's called Tip Of My Tongue. And it's part of a new collection of music that's going to come out sometime next year.

Darin: Beautiful.

Kenny: So it's going to be a really busy, speaking of living in the moment and content. I'm going to be really busy next year, so that's why it's important to have this conversation because within the circus, within all of it, I do need to find a way to have balance in some of it because I already know that next year that I'm going to have an album out at some point. I'm going to do probably 50 to 60 shows. We're going to play 20 football stadiums next summer. We opened in the Dallas Cowboys Football Stadium on April, and we close at the Patriots Stadium at the end of August. And we are gone all summer, so there's a lot, and I'm really excited about it. And I'm really excited about the new music. When I was speaking earlier about finding new melodies and people to write with, Ed Sheeran is a great example. Nobody would ever think that Ed and I would be in a room like this trying to create, but we wrote several songs together, and it works because he takes my brain somewhere else. It's just, Oh, wow, I never thought to do it that way and his melodic structure is just unbelievable. In his brain, where he goes, it just blows my mind. So there's a lot of that music on the next record. I'm really excited about getting back out there because this year was, for all intents and purposes was a year off. We did 24 shows, we did it



all in two months. So we were really busy in April and May, but next summer, we're going to roll through the America and Canada and do what we love to do.

Darin: So here's the thing. As we know, there's no magic bullet. Balance is a series of things, so it's like sleeping well, drinking good water, eating good foods, hell in this day and age, getting good supplements and adaptogenic herbs and things that help your body deal with stress, fresh food, being calm while you're eating is now coming out more and more about how to shift into parasympathetic nervous system instead of shoving food in or stressed out or whatever. So all of these things affect all of these things.

Kenny: No wonder I am the way I am because what you just talked about, I don't mean to interrupt you, but ever since I was in high school, I had geography class fourth period. I'm not proud to admit this but I had fourth-period geography class. My lunch was right before fourth period in high school, and I would eat my lunch as fast as I possibly could so I could copy this girl, Melinda's homework, so I'd have time to copy or homework. Not all the time, but I just got in the habit of eating really fast. Then you go on the road and you're constantly moving. I've never ate in that kind of space that you're talking about. I don't believe ever as an adult.

Darin: This calm and--

Kenny: Calm, even when I'm off the road I eat so fast.

Darin: Okay, well, we've got to practice.

Kenny: We got to practice. It ruined a relationship one time. I went out with this really beautiful girl from Louisville years ago. But as fast as I ate, she ate that slow. Both of us were like, we didn't know what to do. I can't believe you eat that fast. I said, I can't believe you eat that slow.

Darin: We're done.

Kenny: We're done. It's never going to work.

Darin: That's funny shit. So maybe we'll have to have a meal sitting right under that oak tree surrounded by nature and just eat one bite at a time.

Kenny: Oh my god, I get anxiety thinking about it.

Darin: That's funny, but we'll help sort out some of that food stuff and get you dialed in but this is great, man. I appreciate your time and opening up.

Kenny: I love you.

Darin: I love you too.

[01:03:00] Fatal Convenience Intro



Darin: Now we've reached a part of the show where we address society's fatal conveniences, and how we can avoid falling into them and being a victim of them. I defined fatal conveniences as the things we may be doing because the world we live in makes us believe we have to. Even though they may be saving us time, or tricking us into thinking they're good for us, the truth is, they're not. In fact, they could be slowly harming us and even killing us.

[01:03:39] Fatal Convenience

Darin: Hey, everybody. We got to that point of the episode where I get to liberate you from the toxic exposure of maybe things that you have no idea is hitting you, that is stressing you, that is disrupting your biological flow, that is cutting you off from living ultimately a vital, healthy, happy life. These are the things that you get exposed to consistently all the time. When added up over time, they absolutely sad sadly are affecting us exponentially. This one, we all use it. We're all using it every day. And we're probably loving the silky smoothy the feeling on our hair after we use it and that is shampoo. Now I'm only going to highlight three of the top chemicals in most of the cosmetics. And with that, I'm going to expose some of the problems. You don't even know where to begin with some of the complications of chemical exposures. So the danger list of shampoos. Let me just actually instead of going down the list, I'm going to just get into this a little bit. So, what you want to look out for is this ethanolamine compounds, this MEA, DEA, TEA, and others. These are present and most consumer products ranging from cosmetics, personal care, household cleaning products. These are found in soaps, shampoos, hair conditioners, dyes, lotions, shaving creams, paraffin waxes, household cleaning products, pharmaceuticals, that's crazy, pharmaceutical ointments, eyeliners, mascara, eye shadow, blush, makeup, fragrances, and sunscreens. Think about that. I just started this thing with shampoos. And what if you're actually taking in these ethanolamines with all of these products? So you're getting this toxic exposure, kidney, liver tumor production capability goes up. I don't think I want to do that. So these ethanolamines, these tri-ethanolamines, all of these kinds of keywords are chemical groups comprised of amino acids. These are building blocks of protein, but when you combine them and start altering them out of their natural form and with alcohols, now they're producing a wide application for personal care and all of that stuff, and these create a whole slew. It creates a cancerous environment specifically targeting organs, liver, kidney, brain. How to avoid? If you are seeing these -amines at the end of any of these words, stay away. It's either a DEA, TEA, MEA, and that's a really, really bad toxic exposure. That's just one, people. That's one on the danger list. The next one is parabens. You had to have heard of parabens. So parabens now, they have been used in the cosmetic shampoos and whatnot for a very, very long time. These are endocrine-disrupting chemicals and they can be absorbed absolutely through the skin, and then from the skin goes into the blood. And then from the blood, it goes into the digestive system. It's found in almost the same things, parabens and everywhere, shampoos, conditioners, lotions, facial. Anything going on the face and lotions and shower cleansers and scrubs. All of these things are exposures. So what do you need to look for? And I'm going to put a link in the show notes for some of this stuff to help get used to some of these words. So ethyl, paraben, butylparaben, methylparaben, propylparaben, isobutylparaben. I can't even pronounce these damn things. This is not of nature, god's sakes. Man, I get so fired up the more I hear about this stuff, and so a lot of fragrances that they use in



this stuff and we got also all of the detoxification or sanitation sprays, also parabens. So we got to keep hitting some of these big companies. Obviously, pregnant women, please stay away and babies. This is a really, really bad idea to use this at all. So the next one is formaldehyde. Are you kidding me? We're putting formaldehyde in our products. These are preventing beneficial microbes in the body, so it's kind of acting as a bit of an antibiotic, so it's destroying healthy microflora. This is in nail polish, nail glue, eyelashes, hair gels, obviously, shampoos, baby shampoos, baby soap, body soap, body wash, color cosmetics, all of this stuff. This is crazy. So it's colorless but it smells and it's this gaseous stuff. And also, one of the things, it irritates eyes, nose, throat, and it's as they call it, an occupational asthma, but we don't know that. We're getting exposed to a chemical and we're having asthmatic responses, we're having inflammation that's going on because it's a result of toxic exposure. The body's trying to create mucus to isolate and to coat the burning and the exposure to chemicals. The fact that they put this stuff in our shampoos is unacceptable.

[01:10:56] Generic Outro

Darin: That was a fantastic episode. What was the one thing that you got out of today's conversation? If today's episode struck a chord with you, and you want to dive a little deeper on a variety of topics, check out my live deep dives on darinolien.com/deepdive. More episodes are available on darinolien.com as well. Keep diving my friends, keep diving.

[01:11:29] Amplify Plug

Darin: This episode is produced by my team at Must Amplify, an audio marketing company that specializes in giving a voice to a brand and making sure the right people hear it. If you would like or are thinking about doing a podcast or even would like a strategy session to add your voice to your brand in a powerful way, go to www.mustamplify.com/darin. That's www.mustamplify.com/darin.