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MBS ([00:00](#)):

Malcolm Gladwell famously made popular the idea of 10,000 hours of practice for mastery in his book, *Outliers*. Now, that comes with all sorts of caveats, not least that it's not actually his idea. It comes from Anders Ericsson, who has his own book called *Peak*. But the concept holds up an interesting mirror. Just the other day, I was talking to 22, maybe 23-year-old, and he asked me, "How do you start writing books now?" Honestly, I didn't have an easy answer. And as I was trying to figure that out and as I was trying to explain it to him, I realized that I'd been writing to find my own voice for 40 years now. I know, how can I be so young and yet not so young? I wrote newsletters and contributions at university, both in Australia and in England. I wrote newsletters for summer intern jobs that I had. And once I started my own business, I've been writing a newsletter for 22 years and a minimum of once a month, often at a more regular pace than that.



[\(01:11\)](#):

Now, I don't feel that I've mastered writing, but it really stands, the skill level I have with writing, really stands in contrast, for instance, with bouldering, a sport that I've just started to learn. Now, bouldering is when you do rock climbing in a gym, but without ropes. So it's just you kind of clamoring over nooks and crannies and holds. The difference between me trying to haul myself up a very basic climb in the gym, and trust me, this is not a pretty side versus someone who's been doing it for ages just shows that chasm wide gap between grace and agility and play, delight, and honestly, mostly perhaps, a really nuanced understanding about what rules I can and can't break. I've probably got some of that nuance with writing. I must have written, I don't know, a billion sentences by now, and I've really come to understand where my edge is, and perhaps that's what mastery is. It's not a finishing of something, it's not a completion, but it's an increasingly subtle understanding of where you're honing the edge of yourself and of your craft.

[\(02:30\)](#):

Welcome to 2 Pages with MBS, the podcast with brilliant people. Read the best two pages from a favorite book, a book that has moved them, a book that has shaped them. Now, Eric Klein is first and foremost a dear friend, and he is also a returning guest because I'm pretty sure he's been on every single podcast I've ever created, We Will Get Through It, The Great Work Interviews podcast, The Coaching Podcast, all of these historical podcasts, which by the way, you can hear episode on if you search for best of MBS. There's a podcast that's kind of just digging through the archives and presenting those episodes. So just need more of me talking to interesting people? Best of MBS is a good resource for you.

[\(03:12\)](#):

Now, Eric's also a spiritual teacher, and he's an author. And five years ago, perhaps I would've added that his focus would be bringing greater spirit and mindfulness and meaning to the workplace. I think that's shifted a bit now. Now



it's more about offering the same to his community at wisdomheart.com, helping people really to be on a spiritual path while still walking in the world. Now, a spiritual experience is often shaped by the container in which we grow up. For instance, I had agnostic parents and I grew up the same. Now, what called me early on was playing soccer in the backyard with my brothers and reading *The Lord of the Rings*. Eric, on the other hand, heard the whispering something else from the beginning.

Eric ([04:02](#)):

I am someone who's been interested in spiritual development from very, very early in my life. I didn't have the language for it, but I had the experience of mystery and wonder and something beyond my normal Ericness.

MBS ([04:19](#)):

This would seem to put Eric at odds with his intellectual, successful and upwardly mobile Jewish family in New York City, or at least it would seem to put him at odds with it. But Eric early and quickly found a way of weaving together the two sides of his life, spiritual and business, by asking a simple, yet powerful question.

Eric ([04:42](#)):

How do we create a world we want to live in, and how do we create a world that other people might want to join us in living in? And now am primarily focused on helping people cultivate that wonder, joy and awareness of the truth that's beyond whatever they think they are.

MBS ([05:07](#)):

People talk about hearing a spiritual call, and it seems like Eric really did hear when he had a moment. I wanted to know what that actually sounds like, because honestly, I can't quite imagine it.



Eric ([05:20](#)):

I think it sounds like this paradoxical experience of something that's absolutely fresh and totally surprising and, at the same time, so intimately familiar, that you just, in a way, so metaphor from all over the world coming home, that's like that familiarity part. But also the other part of it is like you're breaking into a whole new reality. So it has the best of both worlds in terms of the wonder of something completely unexpected and the restfulness of arriving exactly where you've always been. And so that's something, most people, when they have that experience, it's so nourishing to our nervousness, we want that [inaudible 00:06:13], more of that.

MBS ([06:15](#)):

Well, let me ask you this. What did it feel like as a 17-year-old, when you're hearing it for the first time? Because I'm not sure I've heard the call. And so I'm like, how do you notice that there's a spiritual path or a spiritual doorway or a spiritual threshold, something for you to take a right rather than carry on the path you were on?

Eric ([06:43](#)):

Right. I think that's something also really important that you're pointing to, which is that in a funny way, it's so obvious almost that it's easy to ignore it just. And it's almost like, and it's this, that's one aspect. And it's also, we're not acclimated. That's the one way to say it. We're not acclimated. In Tibetan, the word for meditation is, I can't pronounce it right, but gom, G-O-M, as we say it in English. And it means in Tibetan, it means to become familiar with I.

([07:23](#)):

So it's meditating in that sense, spiritual practice in that sense, is becoming familiar with something that's already there. It's like, but we're not familiar enough to notice it. And so we're not intimate with it, we're not familiar enough with it to recognize when it's happening. So it's probably, you have heard the



call, but maybe you haven't coded it that way. And it could be just the sense of joy, the sense of everything is actually fine exactly the way it is. And we're all conditioned to code our experiences according to whatever we're conditioned to code it as. So you might interpret it not as a spiritual call. Now, sometimes people have a Paul on the road to Tarsus. I got that right from that tradition, where it knocks you on your ass and you're like, "Oh my God."

MBS ([08:22](#)):

Even I can't ignore this.

Eric ([08:25](#)):

I can't ignore this anymore. You could say-

MBS ([08:27](#)):

I think that's what I'm looking for, Eric ladies, somebody to slap me around the head.

Eric ([08:32](#)):

Yeah. In a funny way, the more you're actually familiar with it, even without having coded it as spiritual, the less disturbing it is. Because it's more already joyfulness presence, maybe already a natural part of your being, the way you operate. And so it doesn't seem as startling as the idea of hitting bottom. You really have to go down to before you're going to come up. So I don't know if that answers the question. It feels to me like I did have a moment when I went to my very first yoga class of a real shift of where everything fell away and all my constructs of identity fell away and everything was vast openness and absolute stillness and beauty and I couldn't ignore that really. It was quite a shock. And I was 17, just about just turning 17, and I had all the enthusiasm of that age of going, I found the thing. I must have this.



MBS ([09:50](#)):

So Eric, you have that moment as a 16, 17-year-old where, and you're like, as you said, I can't ignore that. But if you're saying yes to that, you had to say no to people and paths and expectations.

Eric ([10:06](#)):

Yeah.

MBS ([10:07](#)):

Who and what did you have to say no to?

Eric ([10:09](#)):

I think I'll say that I think it wasn't, first of all, a clean no. That it was a process of iteratively discerning no and yes. So at first, it was, "No, I'm not going to college," out of preppy, everyone else was going to college. I'm going to the mountains and I'm going to find a yoga life. Looking back on it, I can see some of that was pure 17-year-old, 18 year oldness.

MBS ([10:53](#)):

Yeah.

Eric ([10:55](#)):

And avoiding certain challenges that the path that my family was offering [inaudible 00:11:06]. But I did have to say no to that initially. And then you've known me through my career life. So I said yes to, "I want this awakening life. I want this spiritual life." So I thought I had to say no to certain forms of conventional living. And actually my spiritual teacher was the one who said to me when I was 19, so not that long into this thing, he said, in his language he said, "You need to go out and earn the soybean bacon," which is like, get a job, essentially.



MBS ([11:48](#)):

Right. Be the accountant you were destined to be, Eric.

Eric ([11:54](#)):

Exactly. So I said no to him really and that instruction, because I thought I could hack the process and not come to terms with my inheritance, my life background and the material world. I thought I could somehow bypass that into a magical spirituality. And bypass was the term the psychologists used, hacking is the term I think that's more popular these days. And there's no skipping steps, man. There's just not. So the no and the yes has been this refining of discovering, mostly it's saying no to self-protection and saying yes to radical openness and engagement with life.

MBS ([12:44](#)):

The phrase you used coming to terms with your inheritance, that's a really interesting one. It feels powerful and loaded. What does it mean to you?

Eric ([12:54](#)):

In my life, it's meant... First, I'll step back for a second. We all have our family narrative and cultural narrative and that we were thrust into and we imbibed before we had any discernment filters. And we also had sort of the situation that we fell into when we were born. So for me, you proved yourself by your smarts and your net worth. That's how you proved your value in this culture that I was born into, which was by being really-

MBS ([13:43](#)):

I'm a clever, wealthy person.

Eric ([13:45](#)):

I'm a clever, wealthy person. So I fooled... It's not just Jewish, but in the Jewish context it's sort of, we beat them. It's like that kind of a thing. And so that was a



big piece of it. And there was something about that, that definitely I still have to work with. And there was something about it also that just didn't nourish me in a complete way. And so it's coming to terms with that. And I don't think where I'm at this point in my life is, I don't think it's coming to terms with like it's a problem to be solved or anything. I think it's more like it's like the curriculum, whatever your situation is, that's your perfect journey for wrestling with whatever it presents, whatever it is. Because that's the only thing you have to work with anyway.

MBS ([14:43](#)):

Right, right. You are the work.

Eric ([14:45](#)):

Yeah.

MBS ([14:48](#)):

Eric, what book have you chosen to read from?

Eric ([14:50](#)):

Well, it does relate to all this. It's called the Bhagavad Gita. It's an ancient text from the Sanskrit and yogic tradition, and I have loved, loved, loved for many, many, many years.

MBS ([15:03](#)):

I imagine it must have been one of those first texts you met as a young man.

Eric ([15:08](#)):

It is, and what I love about, it's set on a battlefield. It starts with a moment of absolute despair. In fact, it's like chapter one is loosely translated, the path of awakening through despondency. That's where it starts. It's like, oh my God, I think it's sort of, just the title of that chapter is such a teaching and it's ignored





often, because there's 17 other chapters where all the sort of teaching takes place. But the setup is... All the teaching takes place right here, where you're completely bummed out.

MBS ([15:54](#)):

Right. And in battle and under threat. You are besieged by life. Welcome to the learning.

Eric ([16:03](#)):

Yeah. It's like that doesn't sound like usually the pitch for the yoga retreat that you'd see when you're going to go to Bali or whatever, Costa Rica, and be so blissed out, which is beautiful. It's just like the Gita's saying, the yoga happens really when you're just up against it.

MBS ([16:22](#)):

Yeah. I know you've, rather than try and read two pages straight, you've done a little curating around that.

Eric ([16:29](#)):

Yeah.

MBS ([16:32](#)):

I'm just going to, I think, give you the stage and listen to you read from the Bhagavad Gita, which I'm thrilled about because you and I talked about it forever. Never read it. Your talking has never inspired me to actually pick the book up.

Eric ([16:45](#)):

Not that inspiring.



MBS ([16:46](#)):

No, exactly. So if you could step up please on this reading, that would be helpful for everybody involved.

Eric ([16:51](#)):

Well, I've tried to do is to take, it's an 18 chapter text. And I'll set the stage a little bit. It's a dialogue between two characters. Arjuna is the warrior prince and Krishna, who's his charioteer, but also happens to be God.

MBS ([17:11](#)):

And I have a chauffeur, that's a good chauffeur to have.

Eric ([17:13](#)):

Yeah. It's 18 chapters. What I tried to do was I went through it and I took a sentence or two from almost every chapter. So we kind of follow the arc of the conversation because it's a conversation, as I said, begins with despondency and stuckness. And it goes through kind of a sequence of questions and answers. Most of the time, it's Krishna talking periodically. I've taken most of those out. Arjuna goes, "Wait a minute. That makes no sense." Which is kind of basically the spiritual path. You receive some insight and then you realize, "Wait a minute, I don't have a clue and that makes no sense," and you get more

MBS ([17:55](#)):

Right, you receive it, you resist it and more stuff opens. The lotus continues to blossom.

Eric ([18:08](#)):

Arjuna says, "My will is paralyzed, and I am utterly confused. In the dark night of my soul, I feel desolation." Arjuna, the great warrior, unburdened his heart and said, "I will not fight." Now Krishna speaks. He says, "You speak sincerely what you were taught to believe, but your sorrow is unwarranted. Realize that which



pervades the universe, none can destroy this imperishable presence. You are responsible strictly in regard to taking action alone, but not for the results of those actions. Established in yoga, perform action become equal to success or failure, for yoga is equanimity. One who shirks action does not attain freedom. No one can be free by abstaining from work. Indeed, there's no one who can rest for even an instant, all are driven to action by their own nature. So it is better to strive even imperfectly in one's own dharma, or process, than to succeed in the dharma of another. Doing another's dharma simply breeds fear and insecurity."

[NEW\_PARAGRAPH]"One who sees inaction in action and sees action in inaction is awakened and does all in the spirit of service. Their karma is dissolved, cut through the condition, doubts in your heart with experiential knowledge. Stand up and take the path of yoga. Keep your head, trunk and spine in a straight line. In the stillness, the secret of self will unwind. In the depths of meditation, the self reveals itself and the meditator knows the joy and peace of fulfillment."

[\(20:13\)](#):

Now, Arjuna says, "Krishna, how can we find this yoga piece of soul? How can it be known even with self-control? I don't see how the mind can be stressless. The mind is ever restless." Krishna responds, "The mind is restless, no doubt. It's difficult to make devout, but it can be brought under control by constant practice and detachment of the soul. I am," Krishna says, "The origin of all beings. I am the intelligence of the intelligent. The radiance of the radiant. I am the strength of the strong. I am desire itself, in harmony with life. I am the goal and the path. I am the witness and home, the refuge in need. I am the friend and the beginning, the middle, and the end. I'm the treasurer house of all possibilities. I am the gambling of the gambler. I am the splendor of the splendid."

[NEW\_PARAGRAPH]"I am victory and I am firm resolve. Only by attuned love can I be known. Only by single-minded devotion can I be seen as the one in



motion. So take heart, take wholehearted action. Attune to me and you'll reach the timeless state. You think I will not fight, but that intention is deluded. Your own nature will compel you to act. So show love to me, bear me in mind, attune to me with me intertwined. I promise that you will be illumined in me because you are my own destiny."

MBS ([22:11](#)):

Thank you, Eric.

Eric ([22:12](#)):

Yeah.

MBS ([22:13](#)):

So clearly in that we have a spiritual curriculum for a lifetime.

Eric ([22:18](#)):

Totally.

MBS ([22:19](#)):

So I look forward to seeing what we can cover in the remaining 23 minutes.

Eric ([22:23](#)):

Perfect. All right.

MBS ([22:26](#)):

What would you say about what you've just read?

Eric ([22:30](#)):

Okay. First, I'll say that I drew from many translations. But as I've looked at it more and more, what I see is that it starts with confusion. And I love the response, which is, "You're very sincere." It's basically, you're just spouting, you're



living in your conditioning. This whole perspective is built on a foundation of misapprehension of reality, essentially. So when people talk about it, "But I really feel it." Of course, you do. So what though? I think it's sort of the trajectory first, and it's funny, right before Krishna says this, the text says, "With a smile." It's like, I'm so upset. A friend of yours comes and just so upset and you realize it's so funny because they've been there a million times and they're going to get over it. So this smile.

[\(23:37\)](#):

And then it's like Krishna starts by just saying sort of some spiritual essential teachings. There's some essential teachings about the nature of truth, which is that it's ever present. Reality is presence itself, but we can't absorb that. Then he just starts giving teachings on how to meditate. So the first thing you might hear is like, "Hey, it's all good," or whatever. Oh God, life is teaching you. That's great. But I mean, come on.,I can't really even take in that idea.

MBS [\(24:12\)](#):

Right, right.

Eric [\(24:13\)](#):

So the middle of the book is really about things sit up straight, breathing, how to settle your mind. There's like our nervous system, coming back to what we saw at the beginning, it's kind of not qualified to even receive the wisdom that's being offered endlessly. The feedback of life essentially saying, I know what you feel like it's really that way, but it's not. Okay, so the practice, practice, practice, practices is most of the book. And then it ends up with this kind of revelation that comes out of practice where, "I'm the goal on the path." I mean that's Krishna speaking, that's reality speaking, "I am every. I'm the gambling of the gambler." You don't find that in a lot of spiritual traditions.



MBS ([25:07](#)):

No, no.

Eric ([25:07](#)):

Where reality is saying, everybody is seeking freedom and we're all trying to get at it through our perspective. If we really go deep into it and we feel if the gambler, I have many gamblers in my family of origin, and they have described to me the moment when they place, I'm not exaggerating, the \$10,000 stack of bills on the one number in front of the roulette wheel, that there's a moment of absolute freedom and emptiness that arrive. That's what they want. It's a very clumsy way to get there.

MBS ([25:54](#)):

And hard to sustain.

Eric ([25:55](#)):

And it's not sustainable.

MBS ([25:57](#)):

Yeah, yeah.

Eric ([25:58](#)):

Absolutely not sustainable. So he's saying everything we're doing is to get to that fulfillment and that pure sense of I am life and I am alive in this life that I am.

MBS ([26:12](#)):

Yeah. Can I ask you, Eric?

Eric ([26:14](#)):

Yeah.



MBS ([26:15](#)):

So I love that opening with Krishna going basically, "Oh look, I know it's hard and you're adorable," but I feel that place of going, look, you talk about that being the goal and the path on the other side of this. But I quite like my grip on my own conditioning. There's a lot of about who I am and how I see the world and how I show up in the world. I'm like, it's working, it's fine.

Eric ([26:15](#)):

It is.

MBS ([26:52](#)):

So how do you come to a spiritual experience without it being a crisis? Because if you're in crisis, I can see there's why there's a road to Damascus transformation, which is like, it's terrible.

Eric ([27:04](#)):

Yeah, yeah.

MBS ([27:05](#)):

Oh, here I go.

Eric ([27:06](#)):

Totally.

MBS ([27:06](#)):

I just want to go like, I am content.

Eric ([27:09](#)):

Yes. That is it, Mike. You actually put your finger on the deepest part of this practice. And first is it's not the condition. It is working. There's much of your conditioning that you enjoy and then fulfilling for you. But it's not, what he



would be saying, it's not actually the form of it. The form is the vehicle for you touching that innate fulfillment. And it's this very minor shift of attention to resting in the enjoyment of being, and not ascribing it as if it's coming from the condition. It's being revealed through the condition.

MBS ([28:06](#)):

So maybe where I go to figuring that out, Eric, is when you say as you did at the end, I'm both the path and the goal. You're like, it means that my contentment in my non-spiritual practice, which is my life, which is somehow touching some degree of spiritual awakening, is when I realized neither the path or the goal that I've hit that is connecting to that, it's somehow, all of it and none of it.

Eric ([28:35](#)):

Beautiful. And it says that, that verse in here where he says, I'm going to use a different translation, "Better to do your own dharma imperfectly." Or my teacher says, "Better to do your own Dharma hassling, though it appears to be, than to do another's glamorously." And it's such a great teaching for this current social media age where we do want to have the glamorous appearance of fulfillment, right?

MBS ([29:01](#)):

Yeah.

Eric ([29:04](#)):

And that following our own nature, our own true path can be hassling. There's going to be issues. That actually is the path, the issues. I just want it to be like the ad says it's going to be. Sorry. So yes, we're only going to be working with conditions. It's the only thing we have on this side of reality, and this is the only side we're on, the side of experience. So it's always going to be, you can hear the Buddha saying, "It's always going to be conditional and always going to be falling away." And you could hear that as a bummer, or you could just hear it as a





description of the fact that the conditions are endlessly going to be changing. If we can find the innate, that's the key, the innate peace or joy or presence. And we can ride through that process with a bit of grace.

MBS ([30:09](#)):

Eric, what have you learned about what it means to be a teacher of this work? Because you've been a student for almost half a century, closing in on that. But you've also been called to be a teacher, and I'm wondering what you've learned over the years in terms of how to be a teacher.

Eric ([30:33](#)):

One of the things that I've learned is, and it's the thing that if you want to learn something, teach it kind of thing. But if you want to learn how to, in a sense, be abiding in fulfillment, this is the paradox. The way you abide in ever deepening fulfillment is by confronting unfulfillment. Grasping for fulfillment is avoiding the confrontation with the unfulfillment.

MBS ([31:02](#)):

Right, right.

Eric ([31:04](#)):

So what I've learned as a teacher is that if I'm going to teach this path of yoga, that means I'm going to have to really get honest with confronting my own strategy, my own sense of unfulfillment and my own strategies for avoiding facing them. That sucks. Okay? And it's the way it's designed.

MBS ([31:30](#)):

Yeah.

Eric ([31:31](#)):

Yeah.



MBS ([31:34](#)):

Is there any let up?

Eric ([31:37](#)):

The let up is every moment of realizing, "Wow, this is it." I mean today, this morning, Devi and I had one of our moments of falling into our familiar way of pushing each other's buttons. And it just was like, for whatever reason, it was like we both almost at the same time was like were like, "It's perfect. This is perfect." So that's the moment of freedom, seeing it, just seeing it. Wow. And it is a moment of choice too because I could keep doing it because I'm very good at doing this. I can this and I can also just like, I don't know what's next. I can let go and let whatever is emerging. And usually it's humor and love.

MBS ([32:35](#)):

How do you manage your expertise and mastery? Having been a student for 50 years, you've got an eloquence and an agility and a deafness around the ideas and the language and the practices and the concepts. And I find that for me, when I become masterful, it's very hard for me not to keep being masterful.

Eric ([33:07](#)):

Yeah.

MBS ([33:09](#)):

As opposed to being kind of incompetent. It feels like incompetence is part of the path and the goal.

Eric ([33:17](#)):

That's good. Two things come to mind for me. Well the main one is having a family, mostly having a wife.



MBS ([33:30](#)):

Exactly.

Eric ([33:31](#)):

Any intimate partner. Having an intimate partner and really being, wanting to have a cultivate love in that relationship will keep you far from mastery. Okay?

MBS ([33:43](#)):

It's like Ramdas, right? If you think you're alive, then go spend a week with your family.

Eric ([33:48](#)):

It's that. It's just like, wow. So that's one. The other is in teaching to have part of your mind in the student's seat so that you get to have the experience of rediscovering the material over and over again. If someone asks a question that you've heard a hundred times to you know you can boot that up and it's fine. But part of you is trying to listen as if for the first time.

MBS ([34:21](#)):

Right, right.

Eric ([34:22](#)):

Yeah. Which is the thing about the spiritual life. That is the spiritual life. It's sort of like I said, it's the obvious thing all the time. It's like, I always knew this. It's a bumper sticker on some level. But if you are in it experientially, it's unbelievably fresh.

MBS ([34:43](#)):

Yeah. And what do you hope for from a student of yours? I know you teach and you have a community both in Encinitas where you live, but also kind of broader



than that, more virtually than that. And my guess is you welcome whoever knocks on the door.

Eric ([35:07](#)):

That's true.

MBS ([35:08](#)):

But I also would guess that you're like, if you've got some of this, I'm particularly excited to be a teacher and I think you might particularly resonate as a student. Is there something, other characteristics of a student that you're open-hearted about?

Eric ([35:27](#)):

It happened the other day on our community call. Someone said basically, I'll summarize, "This doesn't work, none of this works." It's like, "How long do I have to do this?" And it was really so refreshing because it wasn't like we're all in our yoga class speaking in hush tones. So there's like this capacity to be undefended. Not to be identified with it and whining, but just to be like, this is like the Arjuna moment, "This isn't working. I give up." And when it's done from that place of authentic unveiling, I find that to be so inviting and refreshing because every one of us has that place and I have that place where I'm still like going, "Is this really working?"

MBS ([36:33](#)):

Yeah. I love that. For me, my language around that is, or for myself anyway, is constantly trying to be non-performative about my moral righteousness. One of the things that drove me nuts about some of the early coaching conferences I would go to, it would all be radiating the sense of moral superiority because we were all coaches and obviously, we're all enlightened. And obviously, we are.



Eric ([37:01](#)):

Totally.

MBS ([37:01](#)):

We're beacons of greatness and goodness and compassion. I was like, "That's just not who I am." [inaudible 00:37:08] messy and twisted and sarcastic and skeptical. And I like coaching, I don't like coaching. I've got kind of all of that going on. And [inaudible 00:37:22] the equivalent of the hush tones and yoga.

Eric ([37:26](#)):

Exactly. I remember one time when at the temple where my teacher Kriyananda taught, someone said, "Are you enlightened?" And he went, "Doesn't it show?" It's like, that's the answer, right?

MBS ([37:42](#)):

Yeah.

Eric ([37:43](#)):

It was just a wonderful moment. And because it's not performative. I want to make sure I underline this one line of the Gita.

MBS ([37:55](#)):

Please, yeah.

Eric ([37:56](#)):

Which is, it's Kriyananda's version. It's beautiful to me. See Krishna, reality says, "I promise you will be illumined in me," which means if we open up and just let life touch us so deeply, we will be illumined. We will be blessed, we will find love, all that. But he says, "I promise you'll be illumined in me because you are my own destiny."



MBS ([38:21](#)):

I love that.

Eric ([38:21](#)):

That is so amazing, right?

MBS ([38:24](#)):

Right.

Eric ([38:25](#)):

Because reality can only wake up in your life as you.

MBS ([38:32](#)):

Wow.

Eric ([38:35](#)):

This is reality waking up to itself in this particular framework. And that's a deep mystical, in my mind, mystical. It's a deep sacred teaching that in theistic words, God's trying to wake up and only can do it through you because God has no other vehicle. But in experiential terms, it's simply saying, by letting go, life discovers itself. And you get to discover that simultaneously in every breath.

MBS ([39:14](#)):

At the two companies I've started, Box of Crayons and now MBS.works, we hold as a core value and a belief that it is process even over outcome. And when that's working at its best, we spend time working out our best guess at what to do, and then we commit as fully as we can to the process, doing the work with all our imagination and all our rigor. And we let go of the outcome. Sometimes the outcome is extraordinary and amazing. Sometimes it's a bit underwhelming or disappointing. Sometimes it's an out and out failure. But we don't have much control of how the game plays out. You can make great choices, great decisions,



and still get a bad outcome. You can make really poor choices and somehow still get lucky with the outcome. So that's why we keep committing to the process.

[\(40:07\)](#):

But Eric's reading in our conversation has made me think a little differently or maybe just trying to shift and orient around this idea of process even over outcome. He said, at one stage, it ends up with this kind of revelation that comes out of practice where I am the goal and the path. Maybe this is just me now wrestling with spiritual teaching that everybody else did 30 years ago. But what I like about this is that it offers the possibility that the process, the practice, isn't separate from the outcome. It actually somehow is the outcome. Is this what people are talking about when they say non-duality? Maybe. I'm not sure. But what it really does help me with is my own commitment, my own worthy goal, if you've read *How to Begin*, which is at the moment to be a writer, that's my practice, that's my goal, that's my path.

[\(41:08\)](#):

I hope you enjoyed the conversation. I always love talking to Eric. He is a good friend, as I said right at the start. Two interviews that might strike you in a similar way, same but different, Kevin Ashton, that interview is called *Seeking Deep Connection*. And Mia Birdsong, our wonderful conversation was called *The Sacred and the Mundane*. You can find those in the archives, of course.

[\(41:30\)](#):

If you'd like more of Eric, if you're curious about his community, you can find more at [wisdomheart.com](http://wisdomheart.com). There's a newsletter, which is terrific. There's a lot of free resources there, including the *7 Days of Clarity* video course. And Eric and his wife also lead a free online Zoom meditation every Sunday, and that is also a wonderful experience. Eric is masterful at holding sacred space.



[\(41:58\)](#):

Thank you for listening. Thank you for all you do to help this podcast flourish, whether that's giving it a review, sending a favorite interview onto somebody else, giving me feedback, all of that is glorious. You're awesome and you're doing great.