

EPISODE 174

[INTRODUCTION]

[00:00:09] ANNOUNCER: Welcome to The Alpha Male Coach Podcast, the only podcast that teaches men the cognitive mastery and alpha mindset that it takes to become an influential and irresistible man of confidence. Here's your host, certified life coach and international man of mystery, Kevin Aillaud.

[EPISODE]

[00:00:33] KA: What's up, my brothers? Welcome back to The Alpha Male Coach Podcast. I am your host, Kevin Aillaud. This is my last podcast for a month. I'm heading into Peru. I'm heading into the Amazon rainforest. I'll be living in the jungle for a month. Every podcast you guys hear for the next Fridays, so every Fridays for the next four weeks. Maybe it's four, maybe it's five. I can't remember exactly. But for the next few weeks – let me just put it this way. For the next month or so, you guys are going to be hearing some prerecorded podcasts that I did with my students in the form of interviews.

Now, some of these students are students in the academy. Some of these students are students in the certification course. One or two of them are students of both. I've done this for a couple reasons. Number one, because I am going to be out of the – not just the country, but out of civilization. I'm going to be out of a place where I will have no Wi-Fi, very little electricity. Basically, I'm going to be in the jungle. Guys, I'm going to tell you, I'll be in the jungle, so I'm out of it. I'm gone. There's no way I'm going to be able to record anything. I won't have the electricity. There's no way I'm going to be able to upload anything. I won't have the Wi-Fi. I'm literally going to be living in the jungle.

But the other reason I'm doing this is because I haven't never done interviews on this podcast before. I've been interviewed for other people's podcasts, but I've never done an interview on The Alpha Male Coach Podcast. I'm really excited to do these interviews or have done these interviews already. I'm really excited to release these interviews for you guys, because they're like testimonials, guys. I can tell you what the value of living in your alpha state is. I can tell you what the value of elevating your alpha state. I can tell you anecdotally. I can tell you what's

happened in my life. And I can guide you over the podcast very, very generally, very broadly. From a distance, I can guide you on the podcast.

But when you guys hear what the students of the academy in the certification course, what their own success stories are, what their own testimonies are, what the benefits and results that they've seen from elevating their alpha state, it's going to blow your mind. I'm just really excited to hear them share their experience with all of you. Now, when I return, I'll return in February. When we return, we're going to be doing some COVID specials. I'm going to do another thought experiment called the Dream of Life. I'm really excited to return and begin the teaching podcasts, the instructional podcasts again. But until then brothers, beginning next week, check out those interviews that are coming on The Alpha Male Coach Podcast.

All right, brothers. I want to start this year off with this episode, because this is the cause of all suffering. Now, I make that statement very broadly. I kind of say this is the cause of all suffering, right? Suffering is really being misaligned with the moment. It's being misaligned with yourself. It's being misaligned with the truth. It's being out of your alpha state, which is a polarity. That's again, like I said, it's going to be something that comes later in the year 2022, is you're going to see a lot of deep stuff, a lot of great concepts and a lot of guidance on the podcast and in the academy.

When I say it's the cause of all suffering, it's really kind of like the beginning of all suffering. It's really where we begin to live in this illusion. It doesn't matter how you describe it or the words you use to explain it. This is what all spiritual and cognitive teachers have discovered, is the root of suffering in the world, as an effect and all the suffering within us as the cause. In the academy, the 1.0 students are learning about the basics of cognitive mastery this month and this is the first piece of knowledge to begin to understand in this process. The foundation is that the cause of all suffering internally is the deviation between what is, is the deviation between what is in the moment, the moment itself, the present, and what the mind insists should be. Which is the mind playing that game of expectation, or that game of storytelling or that game of conditioning.

This is the fundamental principle that deviates you from the moment that separates you from the moment to here and now and really the only thing you need to know when it comes to seeing the truth. All of you by now must know the universal truth. Circumstances are what happens in

the moment, in the present and therefore, include everything that has happened in the past. Circumstances are neutral, they're out of our control and they are facts. They are things everyone would agree to. Circumstances trigger our thoughts. When we are living unconsciously, we're living in our beta condition. The thoughts and beliefs that are triggered release a chemical in the brain called a neurotransmitter, which is an emotion. Emotions bond with the cells of our body and cause a chemical reaction called signaling, which is what we objectify as a feeling. Our feelings drive our actions, which in turn creates a result. This result then becomes the confirmation bias for the original thought that started the whole process.

Remember, brothers, the process began with the thought, not the circumstance. The circumstance is neutral. The circumstance is perfect. The circumstance is the present moment, it's what's being offered to us. It is like a blank canvas that we express our thoughts upon using paints. The canvas is always there; however, we don't see the world the way it is. We only see the world the way we are. It is our belief system and our thought patterns. The circumstance is what is, the feelings we experience as chemical reactions are what is.

In the 2.0 program, the vibrations that exist in the information field of oneness are what is. These are the three parts of the moments, the present moment, the circumstance or external reality, the feelings or internal reality, and the vibrations in the information field of oneness. These are all what is and therefore by definition, these are all the truth. The thoughts we have about what is what creates the suffering. When we are presented with a circumstance and the thoughts we have about it are in resistance, we suffer cognitively. When we are feeling the chemical reaction of an emotion and the thoughts we have about it are in resistance, we suffer emotionally. When we are disconnected from the information field of oneness due to our attachment to thoughts, we suffer spiritually.

Now, all thoughts must pass through the mind. Thoughts are not things, thoughts become things through the universal truth. Thoughts themselves are not things. They are sentences in the mind that we attach to with our brain. Once we do that, we create an electrical impulse that begins the building of a neural network, which over time, becomes stronger and releases the power of emotions. The move that I offer you in the academy is Awareness of Thoughts 101, Detachment from Thoughts 102 and then Observation of Thoughts 103 as they pass through the mind so that both your mind and brain can function as they're meant to, while you exist, and live and experience the present moment.

With circumstances when what is happening is happening in its perfect and neutral way and the mind provides a thought through conditioning that what is happening shouldn't be happening. We attach to that thought and make it true. In other words, we believe the thought, then we suffer. We are misaligned with the truth, which is always what is happening. That misalignment is the root of suffering. It is the deviation between what is in the moment, and what the mind believes should be in the moment and that is cognitive resistance.

Brothers, this happens all the time and often leads to emotional resistance, which I will get into in a moment. How often are you in resistance to what is? How often are you resisting the present? Circumstances are the past, the present and other people. Anything that has happened is happening or what other people are saying or doing is a circumstance? Now, I'm going to bet that you are in resistance to the circumstance often. No? I mean, take the COVID shot as an example. It doesn't matter what you personally believe about it. I'm certain you're probably in resistance to what is based on what other people are doing, right?

For example, if you are for the shot, then you are in resistance to the behavior of the people who are against the shot. If you are against the shot, you are probably in resistance to the behavior of the people who are for the shot, right? That is why it doesn't matter which side of the line you are on. The great divide is not the external. It is the internal and the internal is what creates the external. We are divided as a community, as a nation and as a species because of our mind, not the circumstances.

How about something more simple like the weather? You're going for a walk and when you are about one mile from your home, it starts to rain. Is there resistance? Do you start to think, "This shouldn't be happening. There was nothing in the forecast about rain"? Or maybe you're out for a walk and you see a cat get hit by a car. Do you think, "Oh no. That shouldn't have happened. What a bad driver. That's a horrible person hit that cat"? Or maybe it has to do with your finances. If your paycheck comes in a couple of days late, or it's the fourth of the month, and your tenants haven't paid their rent, yet, do you think, "That dang jerk from HR is late with those checks again" or "Those lazy tenants had better pay their rent. Are they trying to get a free living from me trying to take advantage of me?"?

Personally, brothers, I'm going to get personally. I'm going to tell you that this happens to me with customer service lines, I will call a company for customer service and get some recording that offers me a bunch of options that have nothing to do with my call. I'll tell the recording that I want to talk to a real person that takes five to ten minutes just to get dialed into a real person. Once I get a real person, they asked me the same questions that the recording asked me. I wonder why spend all the time with the recording and why the recording is necessary at all. Then after being on the phone for about an hour with this real person, I realized that the customer service rep is just a guy sitting behind a computer reading off the same Help page that I read from trying to fix the problem before I even bother calling in. In my mind, I'm thinking and engaging with the thoughts, "I wasted my time. This person is a fool. These customer service lines don't help at all. Companies don't care about people anymore. They're just trying to save a few bucks by not hiring people who know what they're doing."

My thoughts are all in resistance to the neutral, perfect circumstance of what is. Essentially, in every example, we're resisting the moment. We're resisting the moment when it rains. We're going for a walk, it rains. We think this shouldn't be happening. There was nothing in the forecast about rain, but it's raining. It is. That's the moment. We're resisting the cat getting hit by the car. We're blaming the driver, saying it shouldn't have happened. We're resisting the money, the deposits not hitting our bank account, blaming the HR guy, the human resources representative or the tenants, we're not paying their rent on time. I'm resisting the customer service lines. I'm resisting what companies have decided to do for their customer service lines.

Brothers, this is why we suffer. We suffer because instead of seeing the world the way it is, instead of existing in the present moment, which is neutral, and beautiful, and perfect and amazing. We only see the world the way we are, which is the way we've been conditioned to believe it should be. Next, we have emotional suffering when we resist our emotions. I spoke about this a little bit a couple weeks ago in the Buffering Podcast. The emotions we feel are happening in the moment therefore they are the truth. They, like circumstances are neutral. Simply, chemicals react, chemical reactions occurring in the cells of our body. And they, like circumstances are out of our control. We can't stop the chemical reaction from occurring once it starts.

I like to use the analogy of the chemical reaction H_2O Plus $NaCl$. This equals salt water of course. You take water and salt, you pour it in, and you put them together and you create salt

water. When you pour salt into water, it undergoes a chemical reaction. It becomes a solution we call salt water. This is a neutral chemical reaction. Neither the salt nor the water are thinking, "Oh no! Not this. I don't want this to happen. This shouldn't be happening." Nor do I think anyone with a mind, I don't think any human being because neither salt nor water has a consciousness that we know of, right? But I don't think any scientists or high school student executing this experiment is thinking, "Wait, wait, wait. This shouldn't be happening. Oh no! Let's stop this. Let's try to pull this salt out." That water must be so uncomfortable.

The chemical reaction is also out of our control. Brothers, once the salt is in the water, you can't stop the reaction from occurring. The salt will dissolve until it is a solute. Go ahead and try it for yourself. Take a glass of water and pour a bunch of salt in it. Now, try to get the salt out. Go ahead and try to scoop out the salt once it's in the water. You can't. It will begin to dissolve immediately, and even if you could get some of the salt out, the chemical reaction is still underway. Feelings are the same. Once they start, they have to react all the way until completion. You can resist them, but you can't stop them. Resistance comes in many forms. We resist, we avoid and we react to our emotions. These are all forms of resistance and they are all a misalignment with the truth, because the truth is what is. The truth is what's happening. The feeling is there and it is happening. The only way to align yourself with the truth is to allow and process the emotion, is to be with the emotion in the present where both you and the emotion are.

Once again, this is why we suffer. We suffer because instead of seeing the emotion and feeling it the way it is, which is neutral, and beautiful, and perfect and amazing. We only see the emotion and the feeling the way we are, which is the way we have been conditioned to believe we should be feeling. Usually, we've been conditioned to believe we should be feeling good and positive all the time. Thank you advertising companies and media for that.

In the 2.0 program in the academy, I take those students who have reached the point where they are no longer engaging with the thought in their minds and are using their minds in the function it is designed to be used for, which is to intentionally create and inspire others, and guide and direct their own destiny. When you have completely detached from engaging with the thoughts that pass through your mind, you will begin to become aware of the truth that is all around you, which is an information field of vibration, and information field of oneness and love. I have been known in my most nerdy times, to compare it to the concept of the force from Star

Wars, the force from the Star Wars movies. I will tell you that it is not science fiction brothers. It is spiritual science. It is measurable, observable and repeatable. We've gotten to a point where George Lucas never thought we would. Well, maybe he did think we would, but in his time, when he created the Star Wars movies, we couldn't measure the force, we couldn't observe it. But now we can, science has done it. It's possible.

If you want to challenge me on that, go ahead, because I can tell you exactly what it is. But when you detach from the incessant engagement with the thoughts passing through your minds, you will learn to connect with this realm of vibration. It is the truth of who you are as a being of energy and light. It is pure awareness. It is you living a lucid dream. I won't go any deeper into that on this podcast episode because, number one, it's advanced self-knowledge. That won't make too much sense until you develop cognitive mastery. But number two, I'm going to create an entirely different podcast episode I call, The Dream of Life.

Now you understand the cause of suffering is due to the misalignment between what is happening in the realm of matter, both externally in circumstance and internally in feelings, and what is happening in your mind and the thoughts around what should be. This is the resistance of the present. It's the resistance of who you are. It's the resistance of your pure awareness. The source of suffering is always the mind resisting what is. It is always the mind being out of alignment with the truth. It is the passenger consciousness, trying to drive the vehicle from the back seat. Due to the process of conditioning, the mind has built up a persona of authority that makes it believe it knows better than the truth. It is ignorance and arrogance. It engages with thoughts that don't serve us because it believes that the thoughts are more true than the truth. The truth is always what is right in front of us all the time. It is the now, the present moment, the circumstance, the feeling and vibration.

I'm going to offer you more, brothers. In this episode, you're getting a two in one. You're getting a twofer on this one. Because the universe is not just neutral, the circumstances of our lives, the feelings and experiences that we have as human beings, they're not just neutral. They are also perfect and good. It is always for you. The universe is always for you, loving you, supporting you teaching you and this is also why you suffer when you're out of alignment with the truth. The truth is the universe and the universe speaks to us through the truth. When we are offered the truth, we have the choice to align with it or misalign with it. When we are unconscious and

allowing the mind to run wild and engage with any thought it believes is true, it's like a 50:50. It's a coin flip of alignment or misalignment.

However, the universe always teaches us through feeling. When the mind is lying, we know because we feel bad always. The universe is total, invisible, perfect, loving and neutral. It is who we are. As Rumi said, one of my most favorite Islamic mystic poets. He said, "You are not a drop of the ocean. You are the entire ocean in a drop." This is so true. You are not a part of the universe, brother. You are the entire universe in a part. That part is you thinking that you're you, is you being that avatar, that body, that personality, that identity. The universe is total and you are the universe. You are total. You are complete. You are perfect, loving and neutral. Components of the universe are gravity, electricity and magnetism. Take gravity for example. It is neutral, imperfect. It is impersonal. It doesn't judge.

If you want to put your bed in the kitchen., gravity doesn't say, "No, bro. The bed doesn't go in the kitchen. The bed goes in the bedroom." Then gravity doesn't move the bed into the bedroom. It doesn't grab – it doesn't like levitate your bed and put it where it thinks it should be. Gravity simply responds to your commands. It is an impersonal action. It acts without judgment. The universe is the same. It is impersonal and simply acts according to what you request of it. It obeys your commands. What you seek you shall find. Knock and the door will be open to you. These words mean that the universe is working with you. It is at your command according to your belief. Gravity acts according to your actions. Place the pen on the desk and gravity will hold it there for you. The universe acts according to your beliefs. This is the universal truth. Your beliefs become your reality. It's the law of attraction.

In addition to that, the universe also loves you and wants you to be the expression of your truth. Remember, you are the universe, you are love. When I say the universe, I'm talking about you and the totality of all things. The universe wants you to be the best version of who you are. You want to be the best version of who you are. I want you to be the best version of who you are, we all want you to be the best version of who you are. If we don't want that. It's not because we don't want it. It's because we don't know who we are. It's because we are acting as a beta. It's because we are judging, it's because we are condemning. It's because we are judges, and we are jealous and we are envious. We are in our alpha state. We all want you to be the best version of who you are. While it always gives you what you asked for without judgment, it also sends you a signal to let you know when you are out of alignment with your truth.

These signals, my friends are emotions and feelings. When you feel bad, that is the universe telling you that you're out of alignment with your truth, that your brain is lying to you. When you feel good. That is universe telling you that you're in alignment with your truth, your brain is telling you the truth. This is always the way it is, always. You will always know what is right for you based on how you feel in the moment, in the experience. Now, stop right there, coach. It sounded like last week or a couple weeks ago, you were talking about buffering, you're talking about advocating for buffering, and I feel good when I'm watching TV. I feel good when I'm smoking grass. I feel good when I'm watching pornography, right? I feel good in these things. You're telling me that my brain is telling me the truth?

How about the flip side? Are you telling me that when I feel anxiety around approaching a woman that is out of alignment with the truth and that I shouldn't go talk to her? I shouldn't be doing that? Are you telling me that when I'm at work, and I don't feel like getting my project complete, that I'm out of alignment with my truth, and I shouldn't be doing my job? I should just go and make do what makes me feel good like buffering? Are you telling me that every time I feel bad, I'm out of alignment, and I shouldn't be doing what I'm doing? Absolutely not brother. That is not what I'm saying. Although I can understand that that is what you might hear when I tell you the spiritual truth.

I am not saying that what you are doing is causing the misalignment and that you should stop doing what you're doing. I'm not saying that what you are doing is causing the alignment and you should keep doing what you're doing. Remember, what you do is completely neutral. It isn't about what you're doing. It is always about what you are thinking about what you are doing. That is what is creating the feeling, not the action itself. When you feel anxiety around approaching that woman, it isn't the approaching that is creating the feeling of anxiety that's putting you out of alignment with the truth. It is whatever you are thinking about approaching that is creating the anxiety. That is the lie and that is what's putting you out of alignment with your truth. The universe is offering you a gift. It is showing you that what you're thinking isn't true. It is signaling to you that your mind is lying to you.

Whether you decide to approach it or not is 100% up to you. Your actions are neutral. The universe is only telling you that whatever your mind is telling you that is creating the anxiety in that moment is a lie. When you're at work, or working on your business and you don't feel like

doing whatever it is that you're doing, I don't want to do it, right? I feel bored, I feel uncomfortable, I feel agitated or whatever. It isn't a signal that what you're doing, you should stop doing. It's not a signal to not do what it is that you're doing. It's a signal that your brain is telling you about what you're doing is the lie. You can choose to become aware of your thoughts in this moment. Detach from them, observe them, feel the feeling and continue to do the work you intended to do. You don't have to change your action at all. All it takes is a realignment with the truth, which is to become aware that your current thinking is a lie. Your current thinking is not true. It's not your truth. That's what the universe is signaling to you.

Brothers, this is true in all situations because the universe is an infinite eternal force that works all the time for us and with us and through us. In fact, it is us. As I said before, we are one with it. We are it. That's what Rumi meant when he said, "You are not a drop in the ocean. You are the entire ocean in a drop." This is the core of it. You are not a part of the universe, my friend. You are the entire universe in a part. Whenever you feel good your mind is telling you the truth. This is why love confidence, gratitude, joy and peace feel good. These are feelings that indicate your mind is telling you the truth. Whenever you feel bad, your mind is lying to you. It's a signal to you. It's a signal to you that you're off course, that your mind is telling you something that isn't true. This is why fear, doubt, worry, insecurity, guilt and shame feel bad. These are feelings that indicate your mind is not being honest with you. You are not living in your truth.

Now, that doesn't mean you should resist these feelings. On the contrary, I've already told you during this podcast that resisting the way you feel will lead to more misalignment. You already know that buffering is not going to align you with your truth. You must learn how to allow and process your feelings, stay in the moment, feel them to completion, for that is what they're here to teach you. Let them be in your body until they have completed their chemical reaction. While you're processing them within you, contemplate how your mind is directing you falsely.

What about death? What about the grief and sadness over the loss of a loved one? When we feel sadness does that mean our mind is lying to us? Yes, my friend. It does. The universe always works this way. It will always signal to you when your mind is lying. I'm not saying don't grieve. I'm not saying don't feel sad. Again, I want you to hear me, really hear me. I'm not telling you to avoid or resist feelings of sadness, or loneliness, or grief, or anger, or anything else. I'm not telling you to avoid these emotions or live in a perpetual state of bliss and happiness. In fact, I offer my 1.0 students that they develop a strong relationship with purposely feeling a contrast

of emotions, so they can become fully aware of the way they feel in their body. You must learn how to feel fully.

That being said, when you feel bad, it's an indicator that your mind is telling you something that's not true. When it lies to you about grief and sadness over the death of a loved one. It means, there's a lie in your mind around what death is. Your mind is telling you a lie around the meaning of death. It doesn't mean don't feel grief. It doesn't mean change your mind around the way you think about death. Feel it, feel the sadness, feel the grief, but recognize that it is a lie. The story you're telling yourself isn't true. It is likely that you've been conditioned to believe something about death that creates sadness, whatever that conditioning is, is the lie. In fact, one of the reasons that we have so much fear in the world right now has to do with COVID and the fear of death. Death is nothing to fear. Fear itself is a lie. Fear is always a lie. When you are afraid, you know your mind is lying to you. When you are afraid, you know your beliefs are false.

Now again, I know I'm getting a bit deep in somewhat in the 2.0 program, because you have to learn the basics first and the basics are quite simple. The concept of this podcast episode is this. The cause of suffering is the deviation between what is and what your mind believes should be. When you have this deviation, you will suffer. When you have alignment between what is and what your mind believes should be, you will not suffer, you will find joy and peace. Brothers, I only aim to guide you to see the truth that is within you. That is my purpose, to teach, to guide and to heal you from the traumas of your conditioning. Brothers, the academy is counter intuitive. What you learn in the academy is not what you will learn in other places and that is the way it must be. Because we need to deviate from the pack. You need to find who you are. It's not important for you to follow everybody else. It's important for you to follow the truth within you.

Brothers, I teach that the important thing is to wake up and experience the truth of self-knowledge for yourself. Others will tell you to blindly follow and believe in their teachings and their dogmas. I offer that you interpret what I teach you as signposts only pointing you to the experience of who you are, your inner truth. Others will tell you that their teachings are literally the truth itself. I want you to think for yourself so that you will become aware of your conditioning, and wake up by detaching from your thoughts. Others want you to believe what they believe, so you will agree with them. I will show you that life is a process of self-discovery and that truth is a pathless land. Others will convince you that their methodology is the only way

to the truth, and that everybody else is lost until they concede to their truth. What I teach is about waking up from the illusion of separation to oneness and love. Others will keep you asleep in a us versus them world of division and conflict. What you learn in the academy will unite us. What is being taught in the world today will divide us.

Brothers, when you are ready and only when you are ready, we are here to welcome you to the brotherhood of humanity. Until then my friend, elevate your alpha.

[END OF EPISODE]

[00:30:17] ANNOUNCER: Thank you for listening to this episode of the Alpha Male Coach Podcast. If you enjoyed what you've heard and want even more, sign up for *Unleash your Alpha*, your guide to shifting to the alpha mindset, at thealphamalecoach.com/unleash.

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